

SEVEN YEARS OF MISERY

All Relieved by Lydia E. Pinkham's Vegetable Compound.



Sikeston, Mo. — "For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I was cramped and had backache and head ache, and was so nervous and weak that I dreaded to see anyone or have anyone move in the room. The doctor gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own house work, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl."

—Mrs. DEMA BETHUNE, Sikeston, Mo.
The most successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound.

ENLIST AID OF CHURCHES

Powerful Weapon Brought to Bear in the Fight Against Tuberculosis.

Just how serious a problem tuberculosis is to the average church, and in just what ways pastors are called upon to minister to those suffering from this disease, is the subject of an investigation which the national association for the study and prevention of tuberculosis is conducting in connection with its plans for tuberculosis day on April 30. Statistics are being gathered from thousands of ministers regarding this subject, and among other figures the number of deaths last year from tuberculosis in the church congregation will be given. It is planned to place these statistics together with other educational material in the hands of every minister in the country for his use in connection with Tuberculosis day. Millions of circulars and pamphlets on the prevention of tuberculosis will also be issued, both from the national office and from the headquarters of the 450 anti-tuberculosis associations who will co-operate in the movement.

A Mosque for London.
It is proposed to erect a mosque in the capital of the greatest Mohammedan power in the world, and the only surprising feature of the project is that it has not been executed before. The building is to cost £100,000, to which the Aga Khan has already contributed £5,000. The committee in control of the scheme is presided over by Amir Ali and includes the Turkish and Persian ministers, as well as three members of the council of India.—London Globe.

That Essential Struggle.
There are men who go through life without ever getting what one would call a throw-down or set-back—they never get to know what it means to face rough or tough weather. Their way is slicked and paved. They seem to miss the one great essential thing in every success—the struggle; days when everything looks as though one is about done for and ready to cave in.

EASY CHANGE When Coffee is Doing Harm.

A lady writes from the land of cotton of the results of a four years' use of the food beverage—hot Postum.
"Ever since I can remember we had used coffee three times a day. It had a more or less injurious effect upon us all, and I myself suffered almost death from indigestion and nervousness caused by it.
"I know it was that, because when I would leave it off for a few days I would feel better. But it was hard to give it up, even though I realized how harmful it was to me.
"At last I found a perfectly easy way to make the change. Four years ago I abandoned the coffee habit and began to drink Postum, and I also influenced the rest of the family to do the same. Even the children are allowed to drink it freely as they do water. And it has done us all great good.
"I no longer suffer from indigestion, and my nerves are in admirable tone since I began to use Postum. We never use the old coffee any more.
"We appreciate Postum as a delightful and healthful beverage, which not only invigorates but supplies the best of nourishment as well." Name given by Postum Co., Battle Creek Mich.
Read "The Road to Wellville," 17 pages. "There's a Reason."
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

ELIJAH APPEARS IN ISRAEL

Sunday School Lesson for Feb. 5, 1911
Specially Arranged for This Paper

LESSON TEXT—1 Kings 17. Memory Verses 14-16.
GOLDEN TEXT—"They that seek the Lord shall not want any good thing."—Psa. 34:10.

TIME—Elijah lived during the reigns of Ahab in Israel, and Jehoshaphat in Judah, and their successors B. C. 923-800 for Assyrian. 873-853.
PLACE—Various places in the kingdom of Israel. He probably first met Ahab in Samaria his capital. Cherith was a brook in a ravine, flowing into the Jordan on the East. Zarephath was a town in Phenicia between Tyre and Sidon, Seaports on the Mediterranean.

It was a dark day for Israel when Jezebel "set herself, with her husband's tacit connivance, to extirpate the religion of Jehovah from the land of Israel, and to substitute in its place open and avowed paganism—the worship of Ashtoreth and of Baal. Splendid shrines were built, especially one of vast size in the capital; and the rites and ceremonies of the new cult were exhibited on a grand scale, with sensuous accompaniments of all kinds—music, stately processions of robed priests, victims, incense, bands of fanatics worked up to frenzy by religious excitement, and the like." They had "forsaken thy covenants, thrown down thine altars, and slain thy prophets with the sword."
A brave, strong prophet dared to stem the tide alone. And he dared because he knew that God had commanded him, and stood with him, and worked through him. It is probable that Elijah belonged to the northern kingdom but was living in Gilead, and that the parents of Elijah, or Elijah himself when a young man, had gone from Gilead to Gilead to escape the persecutions of the Phalites, and his dangerous moral deterioration. Reared amid excited and solemnizing scenes, the young prophet must have meditated long on the glorious past of his country, and must have been filled with horror as tidings came of the introduction of rankest heathenism, of Jezebel's abominations, the fierce cruelties and reckless heedlessness of Ahab's idolatrous capital. Indignation burned within him like the flames of Vesuvius or Martinique, till it suddenly burst forth upon the king and his court.

The word of the Lord came unto him. In what way we do not know. Perhaps in the ways His word comes to us. Perhaps in more vivid ways. But in either case he became sure that it was God's word. After the announcement of the famine three and a half years slowly passed away before Elijah again appeared before the king. But the silent work of these years was as essential as the announcement.
Having taken one course of lessons, God sends Elijah to another school. This was best not only that Elijah might learn other lessons, but in order that he might be safer. Ahab was seeking everywhere for him. But he kept outside of Ahab's dominion. Every town, large or small, required in those times a wall for defense. His first need after his long walk through the famine-stricken land would be water. The gift of water to the thirsty is always regarded as a sacred duty in the East. Note the wisdom of this way of becoming acquainted, by asking a simple favor; as Christ asked the Samaritan woman for a drink from the well. As she was going to fetch the water, Elijah called to her, and said: "Bring me a morsel of bread." This, too, was a modest request.
This would have been selfish had not Elijah known that the meal and oil would not fail. The request was also, for the widow, an education in faith. "According to your faith be it done unto you." All through the remaining years of the famine, she would need this training, as day by day she cooked the last visible handful of meal, and used the last drop of the oil. She as a widow may have needed the same faith for years to come.

The widow's faith was still further rewarded during Elijah's stay. One day her young son sickened and died. In the bitterness of her grief she cried out upon the prophet, thinking that his presence had directed God's special attention to her house, and this calamity had been sent her in punishment for her sins. Thereupon Elijah carried the lad to his own upper chamber, and stretched himself upon him as if to impart his own vitality, imploring God for his life. And God heard him; the soul returned to the boy's body and he was delivered to his rejoicing mother, who testified eagerly her faith in the prophet as a man of God, and her faith in the divine messages he uttered.
Elijah suffered with the people. The reformer, the preacher, must partake of the sufferings of those whom he would help. Like Christ, he must be "tempted like as we are, yet without sin." He must gain the victory in the same kind of battles, and learn lessons in the same schools.

He "learns that the mightiest of God's servants are just as dependent upon Him in every way as the humblest and weakest of His people."
All these experiences were preparing Elijah for his great work of reform. Every act of guidance from God, every strange experience unexpectedly working out good, every promise fulfilled, every prayer answered, culminating in the raising of the dead boy to life, increased the prophet's faith, strengthened his courage for the time when he must "bear the lion in his den," and arouse a whole people to new life.

STONE IN BLADDER REMOVED WITHOUT SURGICAL OPERATION

In the Spring of 1904, I was confined to my bed with kidney trouble and thought that I would never recover. I took a lot of medicine but did not realize any benefit from anything. I finally saw a Dr. Kilmer's Swamp-Root advertisement and sent for a sample bottle and thought the sample helped me, so I bought more of the medicine from my Druggist, and after using a few bottles discharged a very large stone from my bladder. After passing this stone my health was very much improved and I have been able to continue with my business without any serious sickness.

J. L. KNOWLES, Headland, Ala.
Personally appeared before me this 8th day of September, 1905, J. Lottus Knowles who subscribed the above statement and made oath that the same is true in substance and in fact.
J. W. WHILDON, Notary Public.

Prove What Swamp-Root Will Do For You
Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty-cents and one-dollar.

Vagaries of Finance.
"I understand you have paid the mortgage off your place."
"Yep," replied Farmer Comtossel.
"Then why do you complain of hard times?"
"All the neighbors have done the same thing. That leaves me with money on my hands that nobody wants to borrow."

Inherited.
Knocker—Jones has a bad memory.
Kocker—His mother never knew what were trumps, and his father couldn't remember anything on the witness stand.

TO DRIVE OUT MALARIA AND BILIOUSNESS.
Take the Old Standard Quinine and Iron Pills. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form. The Quinine drives out the malarial and the Iron builds up the system. Sold by all dealers for 50 years. Price 50 cents.

Couldn't Last a Day.
Howell—I can tell you how to live on ten cents a day.
Powell—Don't do it; I've only eight cents.

I had rather be kissed by an enemy than wounded by a friend who enjoyed the job.

To Arrange Flowers.
Here are five golden rules which should be observed by those who often arrange flowers. Use plenty of foliage. Put your flowers in very lightly. Use artistic glasses. Do not put more than two or, at the most, three different kinds of flowers in one decoration. Arrange your colors to form a bold contrast or, better still, a soft harmony. The aim of the decorator should be to show off the flowers—not the vases that contain them; therefore the simpler ones are far preferable to even the most elaborate. Glasses for a dinner table should be either white, a delicate shade of green, or rose color, according to the flowers arranged in them.

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Wm. C. Little*. In Use For Over 30 Years. The Kind You Have Always Bought.

His Opinion.
Nephew—What do you think of the opera?
Uncle Josh—Them women in th' boxes ought to be able to raise enough money on their diamonds to buy some clothes with—Hanks!

DISTEMPER
In all its forms among all ages of horses, as well as dogs, cured and others in same stable prevented from having the disease with SPON'S DISTEMPER CURE. Every bottle guaranteed. Over 600,000 bottles sold last year. 85c and \$1.00. Any good druggist, or send to manufacturers. Agents wanted. Spohn Medical Co., Spec. Contagious Diseases, Goshen, Ind.

Twenty-Five Years of It
"Why do people have silver wedding, pa?"
"Just to show the world what their powers of endurance have been."
—Judge's Library.

Diphtheria, Quinsy and Tonsillitis begin with sore throat. How much better to cure a sore throat in a day or two than to be in bed for weeks with Diphtheria. Just keep Hamlin's Wizard Oil in the house.

Praise is encouraging; it brings out the best that is in a man and inspires him to do his duty cheerfully and faithfully.—Henry Lee.
Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy—Cures Coughs, Colds, Croup and Whooping Cough and all throat and lung troubles. At druggists, 25c, 50c and \$1.00 per bottle.

If you fear to soil your hands in helpfulness you may be sure you are defiling your heart.

Led by the Nose.
"Pa, what is a 'leading woman'?"
"Any woman, my son."—Boston Transcript.

FOR HEADACHE—TICKLE'S CAPSIDINE
Whether from Colds, Heat, Stomach or Nervous Troubles, Capsidine will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c., 25c., and 50c. at drug stores.

There is no surer way to friendship than the honest and sincere appreciation of the good qualities and merits of others.—Henry Lee.

PILES CURED IN 6 TO 14 DAYS
For a complete list of names of Druggists, send for a free copy of "Piles in 6 to 14 Days." Booklet of Protruding Piles in 6 to 14 Days.

There is no moral health without human happiness.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Many mistake soft words for tender, loving ways.
I've Cured in 30 Minutes by Woodford's Sanitary Lotion. Never fails. At druggists.

It is better to lose in loving than to gain by self seeking.

Knees Became Stiff

Five Years of Severe Rheumatism
The cure of Henry J. Goldstein, 14 Barton Street, Boston, Mass., is another victory by Hood's Sarsaparilla. This great medicine has succeeded in many cases where others have utterly failed. Mr. Goldstein says: "I suffered from rheumatism five years, it kept me from business and caused excruciating pain. My knees would become as stiff as steel. I tried many medicines without relief, then took Hood's Sarsaparilla, soon felt much better, and now consider myself entirely cured. I recommend Hood's." Get it today in usual liquid form or chocolate tablets called Sarsatabs.

A COUNTRY SCHOOL FOR GIRLS
in New York City. Best features of country and city life. Out-of-door sports on school park of 35 acres near the Hudson River. Academic Course Primary Class to Graduation. Upper class for Advanced Special Students. Music and Art. Write for catalogue and terms.
Miss Bang and Miss White, Everette Avenue, near 27th St., West, N. Y.

DEFIANCE STARCH—26 ounces to the package—only 12 cents—superior price and "DEFIANCE" IS SUPERIOR QUALITY.

W. N. U., CHARLOTTE, NO. 5-1911.

A Poor Weak Woman

As she is termed, will endure bravely and patiently agonies which a strong man would give way under. The fact is women are more patient than they ought to be under such troubles.
Every woman ought to know that she may obtain the most experienced medical advice free of charge and in absolute confidence and privacy by writing to the World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y. Dr. Pierce has been chief consulting physician of the Invalids' Hotel and Surgical Institute, of Buffalo, N. Y., for many years and has had a wider practical experience in the treatment of women's diseases than any other physician in this country. His medicines are world-famous for their astonishing efficacy.

The most perfect remedy ever devised for weak and delicate women is Dr. Pierce's Favorite Prescription. IT MAKES WEAK WOMEN STRONG. SICK WOMEN WELL.

The many and varied symptoms of woman's peculiar ailments are fully set forth in Plain English in the People's Medical Adviser (1008 pages), a newly revised and up-to-date Edition, cloth-bound, will be sent on receipt of 31 cent stamps to pay cost of wrapping and mailing only. Address as above.

REGULAR 50¢ PRESIDENT GUARANTEED WORK SHIRT
Over 2 Million Men now wear the 50c Regular President Work Shirt—pretty sure proof that it wears. Our Extra Special President at \$1 is the new, doubly good value which you will be glad to know. Both are made of wearproof, fast-color materials by expert operators, and are the greatest work shirt values on the market today. Both are Guaranteed Outright by us, the makers. Your dealer can supply you; if not send us his name, your collar size and price in stamps for sample shirt and book of new patterns. THE PRESIDENT SHIRT CO., 110 W. Fayette St., Baltimore.



BURDENS LIFTED FROM BAD BACKS

Weary is the back that bears the burden of kidney ills. There's no rest or peace for the man or woman who has a bad back. The distress begins in early morning. You feel lame and not refreshed. It's hard to get out of bed. It hurts to stoop to tie your shoes. All day the ache keeps up. Any sudden movement sends sharp twinges through the back. It is torture to stoop and straighten. At night the sufferer retires to toss and twist and groan. Backache is kidney ache—a throbbing, dull aching in the kidneys. Plasters or liniments won't do. You must get at the cause, inside.

DOAN'S KIDNEY PILLS CURE SICK KIDNEYS

SCREAMED WITH PAIN.
Mrs. F. M. Carnrike, 130 Allen St., Rochester, N. Y., says: "My kidneys and bladder were in terrible condition. The pain when passing the kidney secretions was so great as to make me scream. I was treated by a physician without relief and for months I was laid up and did not walk a step. At last I began using Doan's Kidney Pills and all my troubles disappeared. I was so much improved my friends could hardly believe it."

How To Tell When The Kidneys Are Disordered--
Painful Symptoms: Backache, headache, pains when stooping or lifting, sudden sharp twinges, rheumatic pains, neuralgia, painful, scanty or too frequent urination, dizzy spells, dropsy.
Urinary Symptoms: Discolored or cloudy urine. Urine that contains sediment. Urine that stains the linen. Painful passages. Blood or shreds in the urine. Let a bottle of the morning urine stand for 24 hours. If it shows a cloudy or fleecy settling, or a layer of fine grains, like brick dust, the kidneys are probably disordered.

PHYSICIANS GAVE UP HOPE.
Edward Gelston, 82 Wallace St., Bridgeport, Conn., says: "So painful were the kidney secretions that neighbors heard me scream blocks away. I was in different hospitals and had two operations but was finally taken home to die. As a last resort I began taking Doan's Kidney Pills and gained in weight from 134 to 177 pounds. Doan's Kidney Pills restored me to perfect health."

A TRIAL FREE Test Doan's Kidney Pills Yourself
Cut out this coupon, mail it to Foster-Milburn Co., Buffalo, N. Y. A free trial package of Doan's Kidney Pills will be mailed you promptly. N.Y.N.U.

DOAN'S KIDNEY PILLS
Sold by all dealers. Price 50 cents. FOSTER-MILBURN CO., Buffalo, N. Y., Proprietors.

PUTNAM FADELESS DYES DEFIANCE STARCH
Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye Blacks and Mauve Colors. MORGUE DRUG CO., Quincy, Illinois.
If afflicted with Thompson's Eye Water