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I want any person who suffers with biliousness, constipation, indigestion or any liver or blood ailment, to try my Paw-Paw Liver Pills. I guarantee they will purify the blood and put the liver and stomach into a healthy condition and will positively cure biliousness and constipation, or I will refund your money. — Munyon's Homeopathic Home Remedy Co., 53rd and Jefferson Sts., Phila., Pa.



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MEET IN CONGRESS AT ROME

International Gathering of Foes of Tuberculosis to Be Held Late in September.

Official announcement of the Seventh International Congress on Tuberculosis, which will include representatives from every civilized country in the world, has been made by the National Association for the Study and Prevention of Tuberculosis. The congress will be held in Rome from September 24 to 30, 1911, and will be similar in many respects to that held in Washington in the fall of 1908. The congress, which meets every three years, will be under the direct patronage of the king and queen of Italy.

An American committee of 100 will be appointed as the official representatives of the United States. Meanwhile the National Association for the Study and Prevention of Tuberculosis is acting in that capacity and its office in New York will be the headquarters for the United States delegation. The secretary general of the congress is Prof. Vittorio Ascoli of Rome.

As a direct result of the stimulus of the last international congress held in this country, the American committee will be able to report that the number of tuberculosis agencies in this country have been tripled in the three years. More than twice as much money is being spent in the fight against tuberculosis by private societies and institutions, and the appropriations of federal, state, municipal and county have increased nearly fourfold. It is estimated that nearly \$15,000,000 will be spent in anti-tuberculosis work in 1910.

True Independence.

You will always find those who think they know what is your duty better than you know it. It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own; but the great man is he who, in the midst of the crowd, keeps, with perfect sweetness, the independence of solitude.—Emerson.

PUZZLED

Hard Work, Sometimes, to Raise Children.

Children's taste is oftentimes more accurate, in selecting the right kind of food to fit the body, than that of adults. Nature works more accurately through the children.

A Brooklyn lady says: "Our little boy had long been troubled with weak digestion. We could never persuade him to take more than one taste of any kind of cereal food. He was a weak little chap and we were puzzled to know what to feed him on."

"One lucky day we tried Grape-Nuts. Well, you never saw a child eat with such a relish, and it did me good to see him. From that day on it seemed as though we could almost see him grow. He would eat Grape-Nuts for breakfast and supper, and I think he would have liked the food for dinner."

"The difference in his appearance is something wonderful."

"My husband had never fancied cereal foods of any kind, but he became very fond of Grape-Nuts and has been much improved in health since using it."

"We are now a healthy family, and naturally believe in Grape-Nuts."

"A friend has two children who were formerly afflicted with rickets. I was satisfied that the disease was caused by lack of proper nourishment. They showed it. So I urged her to use Grape-Nuts as an experiment and the result was almost magical."

"They continued the food and today both children are well and strong as any children in this city, and, of course, my friend is a firm believer in Grape-Nuts for she has the evidence before her eyes every day."

Read "The Road to Well-Being," found in pkgs. "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.

The KITCHEN CABINET



SOME have meat an' canna eat, And some there be that lack it. But we hae meat an' we can eat, And may the Lord be thankit.

Seasonable Ideas on Serving.

Dainty desserts that appeal to the appetite need not be hard to prepare. One especially nice and very little work is called

Nut Snow Dessert.

Place marshmallows in the oven until lightly toasted, add chopped nuts and serve with sweetened and flavored whipped cream.

Orange-Banana Cream.

Half fill deep sherbet cups with orange jelly, made strong in both color and flavor by soaking the peel of two oranges in the water before adding to the gelatine. Mash two bananas, add a tablespoonful of lemon juice and a fourth of a cup of sugar. When light and smooth fold in one cupful of whipped cream. Heap this on the jelly and serve.

Casserole of Lamb's Liver.

Lay the liver in slightly salted water an hour to draw out the blood and make it firm. Rinse and wipe dry. Fry slices of salt pork in a pan until crisp; remove the pork and add an onion sliced; when brown remove the onion and add the liver, turn and cook on both sides, then put it into a casserole with two cupfuls of stock and a dozen potato balls and as many small onions. Cover closely and cook until the vegetables are tender, in a moderate oven. Send to the table in the dish in which it was baked and you have a dinner all ready to serve.

A Nice Supper or Luncheon Dish.

Cook a dozen tomatoes until soft, put through a sieve and stand aside. In a frying pan put three tablespoonfuls of butter and half a dozen eggs; stir and cook until smooth, add the strained tomato and three tablespoonfuls of Parmesan cheese and serve with brown bread.

Omelet with ham is a good breakfast dish. Prepare the omelet as usual and spread with seasoned and chopped ham, place in the oven to finish cooking.

Beet Relish.

Take one quart of cooked beets, chopped, one quart of cabbage, one-half cup of grated horseradish, two cupfuls of sugar and vinegar to moisten. Put in cans and seal for winter use.

In the Canning Season.

Look up the choice recipes that you were anxious to try, make a list of them, then in the stress of the summer work, important things will not be forgotten. This is the month for "putting up" peaches. One famous cook who was an artist in canning peaches always prepared them the night before and let them stand covered with sugar until morning. They had a richness no other method gave. Can as usual. Here is a recipe which many may like to try while the cucumbers are in their prime:

Cucumber Catsup.

Choose fresh green cucumbers of the size and quality used for pickling. Reject those that are at all bitter, peel and grate them. Put into a bag and drain them, or a sieve may be used. To every quart of pulp add half a cupful of grated horseradish and half a cupful of grated onions, two tablespoonfuls of sugar, one tablespoonful of white pepper and two tablespoonfuls of salt. Add a quart of cold cider vinegar and seal in air tight jars.

Plum Catsup.

Boil the plums with as little water as possible until soft; rub through a colander and to every five pounds of pulp, add two and a half pounds of sugar, a cupful of cider vinegar and a level tablespoonful each of cinnamon and cloves. Cook half an hour, stirring steadily, and seal boiling hot. This is especially fine with beef, veal or ham.

To Pickle Plums.

Gather green plums before they begin to turn; make a pickle of mustard seed and salt with vinegar enough to cover the fruit. Boil and pour over the plums three mornings in succession. They may be used in place of olives.

Grape catsup is prepared the same as plum catsup and is a choice relish to serve with ham, venison or any game.

Minced Salt Mackerel.

This is a nice way of using pieces of mackerel left from a previous meal: Free the fish from skin and bones and mince fine. Make a cream sauce of two tablespoonfuls each of flour and butter. When bubbling add a cupful of thin cream, cook until smooth and thick, season with a little onion juice and salt if needed. Place the fish in the sauce until heated. Serve in mashed potato nests sprinkled with chopped parsley.

Nellie Maxwell

TEMPERANCE LESSON

Sunday School Lesson for Sept. 25, 1910
Specially Arranged for This Paper

LESSON TEXT—Galatians 5:15-26.
Memory verses, 22, 23.
GOLDEN TEXT—"If we live in the Spirit let us also walk in the Spirit."—Gal. 5:25.

Suggestion and Practical Thought.

The adventure with Apollyon the great dragon that fought against Bunyan's Pilgrim, in order to prevent him from reaching the Holy City symbolized a heavenly character, a heaven of eternal life, an earth transformed into heaven.

In the lesson appointed we have a characterization of Apollyon, "the foul fiend," a monster hideous to behold, clothed with scales, with wings like a dragon, feet like a bear, and a mouth like a lion, amid fire and smoke, throwing "flaming darts as thick as hail."

Some years ago, in an article in the New York Journal, John L. Sullivan said: "Remember, young man, that if you couldn't lick John L. Sullivan, you can't lick the thing that is stronger than he is. Leave whisky alone." Sullivan was not the kind of man from whom one expects moral teaching, but when the great fighter admits that whisky defeated him and took him into captivity, he becomes an object-lesson for every young man.

With the newspapers and reporters. The Golden Rule—that is the spirit which wants to do to others as we would have them do to us, the spirit that will make sacrifices in order to know how to help others—enlisted the newspapers and the reporters on its side.

There can be no inspiration without information. Hence the teacher and class should be constantly collecting temperance material. A month before the temperance lesson she should be directed to say to her class, "I want you all to clip from the papers every article of news concerning the effect of the saloon or drink. Paste these on a strip of cloth, and we will see who has the longest strip on Temperance Sunday."

Once in the New Century Teacher there was an article entitled, "Their Exhibits." It told how a teacher asked her scholars to look about during the week for proofs of the evils wrought by the liquor habit. There were some rather unique "exhibits"; one boy brought his bicycle tire that had been cut by a drunken man; others told stories of what they had seen.

This same plan could be utilized for a general exercise on Temperance Sunday. For a first attempt, special arrangements would probably have to be made with individuals or with teachers in order to insure definite reports or "exhibits."

"It is reported in the public press that President Taft had turned his back on moderate drinking. At a little dinner at Hot Springs, Va., he not only turned his wine-glass down, but said in response to a query, 'Yes, and it is going to stay turned down; I am not going to drink anything again, ever.'"

In his early life Lincoln was abstemious but not a total abstainer, but he was a keen observer of the effects of intoxicating beverages among his early companions. Very shortly after his removal to Springfield in 1837, he joined a Total Abstinence society.

Seventeen of the presidents of the United States signed the following declaration:

"Being satisfied from observation and experience, as well as from medical testimony, that ardent spirit, as a drink, is not only needless, but hurtful, and that the entire disuse of it would tend to promote the health, the virtue, and happiness of the community, we hereby express our conviction that should the citizens of the United States, and especially the young men, discontinue entirely the use of it they would not only promote their own personal benefit, but the good of our country and the world."

A Pennsylvania lady tells that when General Harrison was running for the presidency he stopped at the old Washington house in Chester for dinner. After dinner was served, it was noticed that the general pledged his toast in water, and one of the gentlemen from New York, in offering another, said, "General, will you not favor me by drinking a glass of wine?" The general refused in a very gentlemanly manner. Again he was urged to join in a glass of wine. This was too much. He rose from the table, his tall form erect and in the most dignified manner replied: "Gentlemen, I have refused twice to partake of the wine-cup. That should have been sufficient. I made a resolve when I started in life that I would avoid strong drink, and I have never broken it."

The boys and girls can join the Golden Rule in a series of very interesting adventures with the doctors, medical societies and laboratories, where from these friends they may obtain ammunition for their warfare against intemperance.

Twenty-three hundred years ago, the question arose whether the Athenians should grant Demosthenes the honor of a crown. He "had fled from battle, and his counsels, though heroic, brought the city to ruin. Demosthenes' speech is the masterpiece of all eloquence. Of the accusation by Aeschines it is praise enough to say that it stands second only to that. In it Aeschines warns the Athenians that in granting crowns they judged themselves and were forming the characters of their children.

Self-knowledge cures self-love.

LIFT UP YOUR EYES AND LOOK

By BISHOP WILLIAM A. QUAYLE
Montreal, Canada

Text: In everything give thanks; for this is the will of God in Jesus Christ concerning you.—Thess. 5:18

Have we not set the song of the Christian life to much to the tune of difficulty, danger and sorrow? "In everything give thanks," I am pretty certain, will, in the multitude of instances, be translated as meaning that whatever difficulty or distress enters your life, be of grateful mood. Do not murmur. Be glad through whatever roughness the water wear as we voyage across their uncertain billows.

I am certain of two things in this matter. First, that this is how this Scripture is pretty generally viewed, and second, this is not what it does actually mean. It does mean that, but it means indefinitely more. A farm is on a landscape; and he who confounds farm and landscape is not seeing things as they are. Difficulties are to be encountered and sorrows are to be met and they are to be met with the mood of manly and womanly resignation to the wide-working will of God. But that we are to be grateful for the clouds rather than the sunrise and the moon and the blessed open sky is to me absurd and a listless interpretation of the good God our Heavenly Father. To be glad on a holiday is as devout as to be sad on a funeral day. We shall not need to reset our estimates of God and his will concerning us before we are in harmony with his mood. He is the glad God of out-of-doors and the happy singing things whether they be birds or children or women or strong men. This anaemic notion of religion is unwholesome because it is untrue. God gives no assent.

A good man and great said this: "In everything give thanks." Nobody but a good and great man could have said it. The sentiment is like Mount Lycabettus from whose top all of historic Greece lies under the eyes without straining an eyeball. All life lies at the base of a mount of vision and of praise like this: "In everything give thanks." The fact which is meant to be lifted into light at this moment is that there is a devotional element in all things whatsoever. We say grace before meals, except we be heathen. We often say grace before labors and battles without or within and reading of books and taking of journeys and husking corn or going to picnics or a stroll through sun-burnt fields for the sheer love of the crisp grass under foot and the hot sky overhead.

We do narrow beyond the permission of God this thought of devotion or we must be at church or prayer meeting or at family prayer to be devotional. Those places and occasions are greatly good, but they do not monopolize the moods of devotion. The devotional frame is the deep consideration. Are we open to devotion for all things as Paul was? It is meet to give thanks for the bird voices, and a good way to give such thanks is by listening to the voices.

That is worth weighing. To love things enough to give things heed is a mood of gratitude, whereas not to care enough for things to notice them is a first-class specimen of ingratitude toward God and his doings. The cricket's chirp is a species of poetry which may well set the heart singing after its fashion, too. Such a little warmth makes the cricket set his heart to song. Were we as good at the voicing of our gratitude as the cricket of the hearth, what a shout of chorusing would the great God hear from men.

The religious nature is wiser and wider than many religious folk are given to supposing. Christianity is generosity. "Thank God!" How often have I found my own given to that gust of gratitude—"thank God!" And I am not slow to believe God hears such prayer and smiles with gladness to hear it. Why should we not give thanks for the finding of a wild flower or the striking gracefulness of a child at play, or the toss of apple branches lit with bloom, or the blue jay's note with its musical unscalability.

No, secularities are just theme for praise and prayer. We have no call to ask for things for which we have not call to answer to God in spontaneous words of thanks. "I thank you" is a phrase which the debonaire use frequently. Courtesy is a good habit for a body's own sake. To be genteel is a soul-instinct of fineness, and if a man or a woman lived alone and broke bread with himself, (although such a way of living is not necessary or to be desired. If one is alone and has no relatives, then should such a one borrow some child, or, better, some homeless body, somebody human, not feline nor canine, to keep alive the humanness in one's own soul), he would do well to say: "I thank you" when he passes food to himself, for so would the method of good manners be kept alive and the special impulse would be hearkened to.

"Father, I thank thee," says the Christ; and "in everything give thanks," says his brainiest follower. And for one I will take this advice and will find provision for devotion in everything, books, folks, church, labor, song, tears and cares. And for the least and largest to the God and Father of our Lord Jesus Christ will make my adoration for the Christ, my Saviour and my King.

ACT PROMPTLY.

Kidney troubles are too dangerous to neglect. Little disorders grow serious and the sufferer is soon in the grasp of diabetes, dropsy or fatal Bright's disease. Doan's Kidney Pills cure all distressing kidney ills. They make sick kidneys well, weak kidneys strong.

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Remember the name—Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Someone Might Get Hurt.

Pietro had drifted to Florida and was working with a gang at railroad construction. He had been told to beware of rattlesnakes, but assured that they would always give the warning rattle before striking.

One hot day he was eating his noon luncheon on a pine log when he saw a big rattler coiled a few feet in front of him. He eyed the serpent and began to shift his legs over the log. He had barely got them out of the way when the snake's fangs hit the bark beneath him.

"Son of a gun!" yelled Pietro. "Why you no ringa da bell!"—Everybody's Magazine.

Carve the face within, not dress it from without. For whoever would be fairer, illumination must begin in the soul; the face catches the glow only from that side.—W. G. Gannett.

FOR COLDS AND GRIP

Hicks' CAPSICUM is the best remedy—relieves the aching and feverishness—cures the cold and restores normal conditions. It's liquid—effects immediately. 10c, 25c, and 50c. At drug stores.

Some men need to be called down about twice a day.

Does Your Baby Suffer From Skin Disease?

He would be a heartless father indeed, who did not allay baby's suffering as did Mr. E. M. Bogan of Enterprise, Miss. He says:

"My baby was troubled with breaking out, something like seven-year-itch. We used all ordinary remedies, but nothing seemed to do any good until I tried HUNT'S CURE and in a few days all symptoms disappeared and now baby is enjoying the best of health." Price 50c per box.

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If you had positive proof that a certain remedy for female ills had made many remarkable cures, would you not feel like trying it?

If during the last thirty years we have not succeeded in convincing every fair-minded woman that Lydia E. Pinkham's Vegetable Compound has cured thousands and thousands of women of the ills peculiar to their sex, then we long for an opportunity to do so by direct correspondence. Meanwhile read the following letters which we guarantee to be genuine and truthful.

Hudson, Ohio.—"I suffered for a long time from a weakness, inflammation, dreadful pains each month and suppression. I had been doctoring and receiving only temporary relief, when a friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so, and wrote to you for advice. I have faithfully followed your directions and now, after taking only five bottles of the Vegetable Compound, I have every reason to believe I am a well woman. I give you full permission to use my testimonial."—Mrs. Lena Carmocino, Hudson, Ohio. R. F. D. No. 7.



St. Regis Falls, N. Y.—"Two years ago I was so bad that I had to take to my bed every month, and it would last from two to three weeks. I wrote to you for advice and took Lydia E. Pinkham's Vegetable Compound in dry form. I am happy to say that I am cured, thanks to your medicine and good advice. You may use my letter for the good of others."—Mrs. J. H. Breyere, St. Regis Falls, N. Y.

There is absolutely no doubt about the ability of this grand old remedy, made from the roots and herbs of our fields, to cure female diseases. We possess volumes of proof of this fact, enough to convince the most skeptical.

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