

"THEY SAID I HAD T. B. AND WOULD NOT LIVE THREE MONTHS"



Mr. Harold W. Schmidt, Box 98, Breese, Clinton Co., Ill., believes he has reason to praise Dr. Hartman's Remedy for Catarrhal conditions.

"FEEL LIKE A GIANT SINCE USING PE-RU-NA"

I used Pe-ru-na eight months for Chronic Bronchial Catarrh. I do not get tired, feel like a giant, am six pounds over normal weight and able to work every day. In March, 1918, I contracted a severe cold with spitting and took to my bed. They said I had T. B. and would not live three months. After taking a couple bottles of Pe-ru-na and a box of Man-a-lin Tablets, could walk around and in seven months went back to work. My trouble was due to Chronic Catarrh of the nose and throat, which I had ten years, extending down into the bronchial tubes. "Pe-ru-na was my life savor."

TABLETS OR LIQUID

SOLD EVERYWHERE

A HALF CENTURY IN USE

CHENEY'S EXPECTORANT
Instant Relief
Whooping Cough
Croup & Cold
Bronchial Troubles
USED SINCE 1872

50 GOOD CIGARETTES 10¢



REGAL WYANDOTTES, BATTERS LANE, LONDON, ENGLAND.
MADE BY THE BULL TOWNSHIP, N. C.

Some men are so worthless that their wives are not a bit alarmed when they happen to have a cough.

It is not always the head of the family that foots the bills.

Radium Output to Be Increased.
It is planned to raise the output of radium at Jochimssthal, near Carlsbad, to four grams annually. To this end an Anglo-American syndicate has been formed with ample capital. Most of this radium will find its way to English and American hospitals.—Scientific American.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.
Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.
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.

London's Ivory Warehouse.
One of the most wonderful places in the London docks is the Ivory warehouse, where tusks to the value of half a million pounds are usually in stock. About 50 tons of ivory are used every year for making knife handles and for decorative work. The value of the material is about \$1,000 (\$5,000) per ton.
A few days later the average man begins to boast of the good deed he did by mistake.
Optimism takes a day off when a man has a toothache.
Silence is sound pit to sleep.

THE KITCHEN CABINET

You have eyesight and hearing and speech. Your limbs are sound. You use your arms and your legs and your hands as freely as ever. What in creation are you wanting about? If one spot is crowded, go where they need a crowd. If one resource fails you, invent another.—Kaufman.

THE SEASON FOR SAUERKRAUT

It has been known for years that sauerkraut was a good, wholesome vegetable food, but recent study tells us that it is bristling with the vitamins which are so essential for health and growth in the young.

The juice of the kraut is active with bacilli which destroy the disease or bad kinds of bacilli. We are thus advised to save the cabbage juice from sauerkraut and drink it. One physician prescribes a wineglassful of the juice before meals and before retiring—a cure for all kinds of stomach troubles.

Doctor Wiley says: "Cooking destroys or injures the activities of some of the vitamins to some extent, although there are enough left in working condition to make cooked cabbage wholesome. After all there is no form of cabbage which can be used to such an advantage as sauerkraut."

We understand the value of silage for the dairy industry, and the pleasure the cattle take in this food; it is of great value to the dairy herd. Sauerkraut is another form of silage and much more beautiful eaten raw than when cooked, as is fresh, plain cabbage.
The acidity of the sauerkraut saves the vitamins in cooking, as they are able to resist a high temperature much better in an acid than an alkaline medium.

A leading authority says: "Sauerkraut, especially the juice, is an invaluable food to the stomach and bowels. There is nothing better for impure blood."
Metchnikoff of the Paris Institute discovered the little lactic acid bacilli which thrive in butter, milk, cream, matzoon, Bulgarian chibber and yakhourt. These lactic acid germs destroy the poisons in our systems and the vitamins are the strongest and most energetic for building growth and health.
As cabbage is one of the richest vegetables in vitamins, containing all three of the vitamins, we should use it freely as a fresh vegetable and often in the form of kraut, uncooked the most frequent.

Other authorities say of kraut that it is a sovereign remedy for stomach trouble (especially indigestion), a corrective of liver troubles, a splendid tonic, if one's appetite is at fault, and if the kidneys are out of order it is the best of remedies to use.

SEASONABLE FOODS.

During the winter months the body can assimilate fatty foods and needs them to keep up the animal heat. Such dishes as plum pudding, sweet puddings, pork cake and fat meats may be used with advantage during the cold weather of the winter months.
Carrot and Suet Pudding.—Take one cupful each of chopped suet and sugar, two cupfuls of chopped raisins, two cupfuls of flour, two cupfuls of grated carrots, raw; two teaspoonfuls of salt, one teaspoonful of cinnamon, one-half teaspoonful of nutmeg, four teaspoonfuls of baking powder. Mix in the order given, add enough cold water to make the mixture stiff like bread dough. Place in a mold or two small ones and boil four hours. Any kind of good fruit juice may be used to add to the pudding instead of water, improving the flavor.

Pork Cake.—Take one cupful of finely-chopped salt pork, one cupful of boiling water, three eggs, one cupful of sugar, one teaspoonful of soda, two teaspoonfuls of cream of tartar, one teaspoonful of cinnamon, one-half teaspoonful each of cloves and nutmeg. Flour to make a rather thick batter. Take one cupful of molasses and two cupfuls of chopped dried apple, cook slowly with the spices and raisins for three hours, then add the other ingredients and bake in a large loaf pan.
Pork Chops.—Place the chops in a heavy iron frying pan and add enough water to cover the bottom of the pan, set over the heat and when boiling turn the chops so that they may be well scalded before beginning to fry. Let them brown well, season on both sides, and when well browned they will be thoroughly done to the center, without becoming dry. Serve with rings of fried apple as a garnish.

Turkey Salad.—Any bits of leftover turkey, goose or duck will make a most appetizing salad. Cut the bits into neat pieces, add to a cupful of the poultry meat one-half cupful of finely-cut celery, add one-half cupful of mayonnaise dressing and set away to season. Serve on lettuce.

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
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LESSON FOR FEBRUARY 11 THE SPIRIT OF PRAYER

LESSON TEXT.—Luke 18:1-14.
GOLDEN TEXT.—The sacrifices of God are a broken spirit, a broken and contrite heart, O God, thou wilt not despise.—Psalm 51:17.
REFERENCE MATERIAL.—Matt. 6:5-16, Luke 18:29-34, John 4:21, 24.
PRIMARY TOPIC.—How Two Men Prayed.
JUNIOR TOPIC.—How to Pray.
INTERMEDIATE AND SENIOR TOPIC.—Prayer that God Answers.
YOUNG PEOPLE AND ADULT TOPIC.—Secret to Prevailing Prayer.

I. Men Ought Always to Pray (v. 1).
Prayer is absolutely necessary to the spiritual life. It is to the spiritual life what breathing is to the physical life. Men ought to pray under every variety of circumstance—in times of sorrow and burdens for strength to endure; in times of joy and success for grace to behave aright. Prayer ought to be persisted in even when the answer is not immediately seen. God does hear and answer prayer even when we do not understand the mysteries of delay.

II. The Urgent Prayer of a Widow (vv. 2-8).
The picture here is of a helpless widow who was being cheated out of her property rights, coming to a godless judge for redress. Her only means of getting help was to prove the justice of her claim by her persistence. Even this did not gain access to his heart, for he feared not God nor regarded men. He complied with her request in order to get rid of her.

The point here is not that God is like this unjust judge and can be teased into compliance, but rather that if such action can be secured on the part of a godless judge by persistence, how much surer will be the help of God to those who cry unto Him day and night.

The helpless widow pictures the church in this age suffering the deprivation of her rights. It is not the church praying for vengeance upon her enemies, but suing for the possession of her rights by virtue of her covenant relation in Christ. The inheritance of the church will be actualized at the coming of Christ. This is why the truth concerning the coming of Christ is so vital to Christianity, and why such disastrous consequences follow the loss of the Blessed Hope.

The apparent delay in the vindication of the church may dishearten some and cause others to mock (cf. Peter 3:9). Jesus' question should be a solemn warning against allowing the apparent delay of the coming of the Lord to crowd out our praying. Though many may give up we should be assured that genuine faith will abide, and that the divine promise concerning the coming of Christ shall be fulfilled. We can be sure of God.

III. The Prayer of the Proud Pharisee (vv. 9-12).

1. He Took a Striking Attitude (v. 11). The Jewish custom was to stand while praying, but the word "stood" implies the assumption of an ostentatious position. He was self-righteous and trusted in himself.

2. He Prayed With Himself (v. 11, 12). He used the name of God, but it was really a soliloquy. He pretended to be thanking God when really he was rehearsing his own goodness—complimenting himself. His whole thought centered in himself. He congratulated himself for (1) his morality (v. 11). He thanked God that he was not as other men are, such as extortioners, unjust, adulterers, or even as the publican who was standing afar off. (2) His Religious Merits (v. 12). He fasted twice a week and gave tithes of all he possessed. He thus informed God that he did more than was required, implying that God was under obligation to him.

IV. The Prayer of the Humble Publican (v. 13).

In striking contrast with this supposed saint stood the publican whose shame kept him from even looking up to Heaven, beating upon his breast as a sign of anguish of soul, crying out to God to be merciful to him, a sinner. He took his place as a sinner and called upon God for mercy.

V. Christ's Testimony (v. 14).

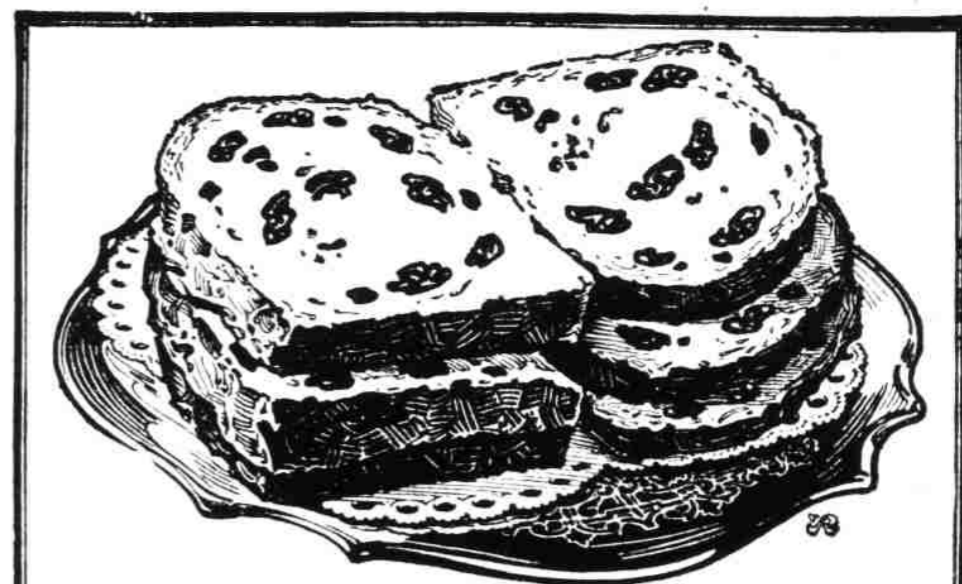
He declared that the publican went away justified rather than the Pharisee. The one great and urgent need on the part of men is a confession of sin and a willingness to cry unto God for mercy.

The Dull Man.
A dull man is so near a dead man that he is hardly to be ranked in the list of the living; and as he is not to be buried whilst half alive, so he is as little to be employed whilst he is half dead.—Saville.

Losing Aspirations.
Men lose their high aspirations as they lose their intellectual tastes, because they have not time or opportunity for indulging them.—J. S. Mill.

Causes Wonder.
I never wonder to see men wicked, but I often wonder to see men not ashamed.—Swift.

Nibbling at the Bait.
I see the devil's hook, and yet can not help nibbling at his bait.—M. Adams.



Why Bake At Home when you can buy bread like it, ready baked?

COUNT the raisins—at least eight big, plump, tender fruit-meats to the slice.
Taste it—see how the raisin flavor permeates the bread.
No need to bake at home when we've arranged with bakers in almost every town and city to bake this full-fruited raisin bread.
Just phone and they'll deliver it—all ready to surprise the family tonight.
It comes from master bakers' modern ovens in your city. And it's made with Sun-Maid Raisins.

That's another reason for its superiority. A rare combination of nutritious cereal and fruit—both good and good for you, so you should serve it at least twice a week.
Use Sun-Maid Raisins also in puddings, cakes and cookies. You may be offered other brands that you know less well than Sun-Maid's, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.
Mail coupon for free book of tested Sun-Maid recipes.

SUN-MAID RAISINS The Supreme Bread Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:

Seeded (in 15 oz. blue pkg.)—20c
Seedless (in 15 oz. red pkg.)—18c
Seeded or Seedless (11 oz.)—15c
Seeded, in tins (12 oz.)—20c
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Please send me copy of your free book, "Recipes with Raisins."
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STREET _____
CITY _____ STATE _____

The Magazine Man.
"Why don't you read your own magazine?" "I know there's nothing in it I care to see."
DYED HER DRAPERIES, SKIRT AND A SWEATER WITH "DIAMOND DYES"
Each package of "Diamond Dyes" contains directions so simple that any woman can dye or tint faded, shabby skirts, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like new. Buy "Diamond Dyes" in other kind, then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade, or run. So easy to use.—Advertisement.

The Creative Impulse.
Mrs. Binx "Horrors! That isn't the way to make coffee." New Cook (heavily): "What is it the way to make?" Life.

This Mother Never Waits for Trouble
"This is my fifth baby," writes Mrs. S. E. Malberry, Route C, Box 149, Milton, Ga., "and I am giving it Teething like I did the others. I don't wait for trouble, but begin giving Teething at the first sign of teething and keep it up till they are through cutting their teeth and it proves to be most satisfactory in every way. I simply wouldn't be without Teething when my babies are teething."
Thousands of grateful mothers all over the land gladly testify to the sterling qualities of Teething in relieving pain and distress caused by teething. Good for stomach and bowel troubles also.
Teething is sold by all druggists, or send 30c to the Moffett Laboratory and get a package of Teething and a wonderful free booklet about Babies.—Advertisement.

Rapid "Skinning Machine."
High speed in skinning animals is attained by a Frenchman's invention of a tool in which three knives are rotated by an electric motor at a speed of 2,500 revolutions a minute.
Shave With Cuticura Soap
And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

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An Accredited School
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LET US HELP YOU MAKE YOUR MARK IN THE WORLD

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—the family cough syrup

WANTED—AGENTS TO SELL TIRES, tubes and other rubber goods direct to consumers. Latest models. Write for full information. LOUIS RUBBER CO., AKRON, OHIO.
SORE EYES
Dr. Salter's Eye Lotion relieves quickly without pain. Ask druggists



A SICK, CROSS CHILD NEEDS "CALIFORNIA FIG SYRUP"

MOTHER! Move Child's Bowels with this Harmless Laxative—Children Love Its Taste

When a child is constipated, full of cold, has colic, or when the stomach is sour, breath bad, tongue coated, a teaspoonful of "California Fig Syrup" will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works the constipation poison, sour bile and waste right out and you have a well, playful child again.
Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today may save a sick child tomorrow. It never cramps or overacts. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Bruises—strains
Apply Sloan's. The blood circulates freely and normally again. The painful congestion is broken up—*all soreness disappears!*
Sloan's Liniment
—kills pain!
For rheumatism, bruises, strains, chest colds

WINTERSMITH'S CHILL TONIC
SOLD 50 YEARS—A FINE GENERAL TONIC
If not sold by your druggist, write Wintersmith Chemical Co., Louisville, Ky.

10c Saves Need Buying a New Skirt
Putnam Fadeless Dyes—dyes or tints as you wish

Nellie Maxwell