MOTHERS, DO THIS —

When the Children Cough, Rub Musterole on Throats and Chests

No telling how soon the symptoms may develop into croup, or worse. And then's when you're glad you have a jar of Musterole at hand to give prompt relief. It does not blister.

As first aid, Musterole is excellent. Thousands of mothers know it. You should keep a jar ready for instant use.

It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsilitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of back or joints, sprains, sore muscles, chilblains, frosted feet and colds of the chest (it may prevent pneumonia). 35c and 65c jars and tubes.

Better than a mustard plaster

MUSTEROLE
WILL NOT BLISTER

OLD FOLKS NEED NOT BE FEEBLE

If you are "getting along in years" you don't need to sit in a chimney corner and dream of the days when you were full of life and vitality.

Keep your blood rich and pure and your system built up with Gude's Pepto-Mangan, and you will feel stronger, younger and livelier than you have for years. Get it today and watch the result.

Your druggist has Gude's—liquid or tablets, as you prefer.

Gude's Pepto-Mangan
Tonic and Blood Enricher

GREW STRONGER AND STRONGER

After 7 Years of Suffering She Got Well by Taking Cardui Which She Found "The Right Medicine."

New Orleans, La.—"I am in the best of health," writes Mrs. Lucien Jacobs, of 2223 Marais Street, this city. But some time ago, Mrs. Jacobs found herself in a condition which she described as follows:

"When my baby was about five weeks old, I caught cold, and was a very sick woman from that time. I was unable to do my work. I did not know what it was to feel well a day. I spent money. I tried everything, and to think I suffered and suffered for seven long years, just the shadow of a woman hanging on, not fit to do anything, just a bunch of nerves, aches and pains!

"I had awful hurtings in my back and sides. I could not rest at night. I would hear of something, take it, and feel better for a little while—then back to my old aches, someone else doing my work.

"Someone told me of Cardui, and as I had tried so many things that had failed, I tried it with little faith. I soon found it was helping me, first my nerves, then I began to gain strength. I knew then I had found the right medicine. I took it faithfully, and I grew well and strong—the nice part of it, I stayed that way and grew stronger and stronger."

Take CARDUI The Woman's Tonic

DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief by regularly taking

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1696. Three sizes, all druggists. Guaranteed.

Look for the name Gold Medal on every box and accept no imitation

Berlin Line Overcrowded.

The subway-elevated railroad system of Berlin now carries about 2,000,000 passengers daily. In spite of a twenty-minute traffic during rush hours, the congestion is very heavy, and growing worse. Electrification is recommended as a part solution, and may be undertaken. In 1913 the system carried 500,000,000 passengers; in 1922 the number was more than 700,000,000.

The man who has nothing to live for can afford to loaf.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

Daddy's Evening Fairy Tale

BY MARY GRAHAM BONNER

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THE FIRST FLY

"I am really not appreciated as I should be," said the first house fly to the window-pane.

"The First Butterfly."

The window-pane paid no attention to the fly's remark. The window pane wasn't in the habit of answering back.

To be sure the fly was walking all over the window pane and the window-pane might have objected. But the window-pane made not a sound.

It might be walked over and still it wouldn't complain of such treatment.

"Whether you agree or disagree," the fly continued, "I spoke the truth."

The window-pane still was quiet.

"I suppose," the fly went on, "you agree with me because you do not contradict me.

"Well, I don't think so much of your opinion. You can't even wash your own face. A helpless sort of a thing you are.

"You should be old enough to do better than that. Yes, you really should.

"Still I think people are very rude.

"The family in this house came home today and they raved about all they had seen. They spoke of the feathery delicacy of the willow trees which were just coming out.

"They spoke of the first butterfly they had seen and of the first bumble bee.

"They spoke of the lovely warm air and of the soft breeze and of the buds opening upon the trees. They said that even while they were out things seemed to open up almost before their very eyes.

"It seems they had been for a ride, and coming back they were quite sure that the buds were further opened than they had been when they had started out.

"And all of this pleased them very much indeed. They said in some gardens and parks and along some roads things were further out than along others.

"This all interested them very much. Then I began buzzing about. I crawled up the window pane—up you, my silent friend—and then I crawled down.

"I flew about a little and then I did some fine tricks. I brushed my legs and wings and wiped off my face—using my legs to assist me with my face.

"I thought I would be greatly admired for all this.

"And yet I was not noticed. But before long someone noticed me.

"'The first fly,' the person said.

"'Oh, dear,' said another. At first I thought the second person was speaking to me or of me affectionately. It was nice to be called 'dear.' I had never been called that before.

"I twisted my right leg over my head and then twisted it back again—a very superior trick and by that time I thought I'd be called 'darling' or 'dearest' or 'little sweetheart.'

"But not a bit of that.

"The person who had said 'Oh, dear,' had meant:

"'Oh, dear! how horrid to see a fly. A fly is one of the things we don't like to see brought along by the warm weather.'

"I was glad that that warm weather brought me. I felt glad that I made the people displeased. All my uncanny feelings came over me which have been handed down to me from my grandfather and grandmother flies and from their grandfather and grandmother flies before them.

"I do not know whether it is necessary to ask 'before them.' I don't suppose grandfathers and grandmothers ever come after me. But they might! There's no telling.

"Anyway, it shows how I am not appreciated. They seem to like all the other 'first things,' but not the first fly.

"Oh, well, I don't mind. My fly heart will not be broken!

"Ah, I believe they're going to get the swatter after me. Well, if they can catch me it's fair enough. Only I don't want to be tortured. One good swat I don't mind.

"My fly life may be long or short. It doesn't matter to me. And I suppose it does matter to them, as I do spread disease. Disease and I are friends. Disease has been a family friend for years. Shows what we are, I suppose, and why we're not appreciated. There, I'm being swatted now. Good by, window-pane."

"The First Fly."

But the window pane never answered. The window-pane was noted for being very quiet.

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 APRIL 22

MOSES, LIBERATOR AND LAWGIVER

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 18:23-45, Matthew 17:3, Acts 7:35-44, 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 2:1-8).

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.—Aikin.

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

Mr. Frank Parley Orrell, Box 16, Nebraska, Indiana

PRAISES **PE-RU-NA** FOR CATARRH OF THE HEAD AND NOSE

"I began using PE-RU-NA Tablets three years ago for catarrh of the head and nose. Was unable to do anything. I saw a decided improvement after one box and after using five boxes believe I am cured as there has been no return of the disease in two years."

NO RETURN OF THE DISEASE IN TWO YEARS

Fifty years of usefulness is the best guarantee of Pe-ru-na merit.

Tablets or Liquid — Sold Everywhere

Enslavement of Negroes.

The enslavement of the African race for commercial purposes had its beginning in southern Europe about half a century before the discovery of America by Columbus. It was carried to Central and South America by the Spaniards, and it existed there a hundred years before being transplanted to the English colonies of North America. From a small beginning made in Virginia the institution grew and spread to other colonies as they were founded, and at the opening of the Revolution there were about 600,000 slaves in the colonies.

A woman's face may be her fortune, or the making of some druggist's fortune.

PLACE GUARD OVER TONGUE

"For Evil Is Wrought by Want of Thought as Well as Want of Heart."

Whether we give occasion or not, there are those who in certain moods will speak spitefully of anybody, and there are some who go about speaking evil of everybody.

Yet these very people, even those whose lips rarely open but to utter something malicious, may have goodness in their hearts which would prevent them from malicious action. If we judge them by their deeds we may find them no worse than their neighbors, perhaps better; if we judge them by their words we have to condemn them severely.

But in reality the least part of the matter is that which concerns ourselves; the serious part is that which concerns the character of the backbiter. The whole character is vitiated and perverted by this unhappy habit; it proceeds from an entire lack of self-restraint, and can only grow from bad to worse, till the person is a slave of the tongue instead of being its master.

Society would be unbearable if everybody spoke according to mood, impulse or physical condition.—Arthur L. Salmon, in the Chicago Daily News.

Cuticura Soothes Itching Scalp.

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

STUDY SECRETS OF NATURE

Writer Suggests Effective Method of Making Work for Hands That Are Idle.

Dispersing clouds by magnetized sand is only half the trick. How to make 'em is the other half. Probably making clouds, on the more difficult half although it is only vaporizing on a large scale. It is a problem in heat and moisture. All these matters are something on which to busy the intimate human mind. And yet millions of us think our most interesting occupation is to "kill time."

Couldn't we kill time quite as effectively by studying some of the secrets of nature? Here are men who have been doing intellectual stunts in trying to get these secrets.

For want of "nothin' else to do," why can't we all dabble a little in the same pastime? Give us a laboratory and let us go to work with due safeguards against blowing ourselves up. May not thousands more of us play at chemistry, physics, mechanics and so on?—St. Louis Globe-Democrat.

Near Enough.

California contributor reports having overheard this conversation:

Customer—Give me 25 cents worth of New England codfish.

Clerk—We have none from New England, but we have some from Massachusetts.

Customer—That's near enough. Guess that.—Boston Transcript.

WOMEN OF MIDDLE AGE

Much Interest Being Shown in the Large Number of Women Safely Carried Through the Change of Life by Lydia E. Pinkham's Vegetable Compound

The Following Letters Are Impressive

Owing to modern methods of living, few woman approach this perfectly natural change without experiencing very annoying and often painful symptoms. Those dreadful hot flashes, nervousness, headaches, melancholia and irritability are only a few of the symptoms incident to this trying period of a woman's life, and the following letters prove the value of Lydia E. Pinkham's Vegetable Compound to overcome these abnormal conditions.

"Fisherville, Ky.—"For several months I was under the doctor's care as he said my nervousness, chills, hot flashes and weakness was caused by the Change of Life, but I did not seem to get any better. I was not able to work and spent most of my time in bed. A friend called to see me and asked me to try Lydia E. Pinkham's Vegetable Compound, and I cannot tell you how much good the medicine did me, as I had such a hard time before taking it. I can only advise every woman passing through the Change of Life to take Lydia E. Pinkham's Vegetable Compound, as it did so much for me."—Mrs. EDWARD B. NEAL, Star Route, Fisherville, Ky.

A Michigan Woman Helped

Ionia, Michigan.—"I was passing through the Change of Life and had been under the doctor's care without any relief. A friend in Lansing, Mich., asked me to try Lydia E. Pinkham's Vegetable Compound and I feel fifty per cent better already. If any one in this condition doubts the ability of Lydia E. Pinkham's Vegetable Compound to help them I will gladly answer their letters."—Mrs. MAX W. HAHN, 537 N. Jefferson Street, Ionia, Mich.

A New York Woman Helped

Syracuse, N. Y.—"I was used up with nervousness, weakness and hot flashes so I could hardly keep around, and could not get out much on account of those awful prickly feelings. I read about Lydia E. Pinkham's Vegetable Compound helping another woman with symptoms like mine. My husband got some for me, and after taking it five months I can get around and even do my housework, washing and ironing included, and my friends can see what a change it has made in me."—Mrs. SIDNEY HUMPHREY, 826½ Burnet Avenue, Syracuse, N. Y.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

The Real Issue.

"Doggone it, Bringsley, I don't know what is going to become of the country. Things are going to the dogs."

"Your business slow?"

"No, not that; but last night my partner lost the lining when I had the axe, and when I came back with the rope he held dead and kill the seat she stamped my foot, and then get the new diamonds was true as when I had made it years. I tell you, women are getting too married independent."

Really Happened.

Grand Lands are generally taken up at the department stores during the holiday rush, so doubtless it was one of those who made the following break:

Customer—I'm looking for a copy of Beyond the Desert.

Clerk—Beyond the Desert? Oh, Alfred Noyes!

Flustered Looking Clerk—I don't think we have it. (Turns to neighbor clerk) Have we "The Boy on the Desert?"—Boston Transcript.

Sensible Chap.

There was a man who never wrote a complete letter to an invitation without adding W. P. His friends asked him what the letters meant, if they stood for "weather permitting."

"No," was his reply, they stood for "we're permitting."—Boston Evening Transcript.

GREAT ARTISTS IN DISCORD

Famous Italian Painters Evidently Were Not Easy Persons to Get Along With.

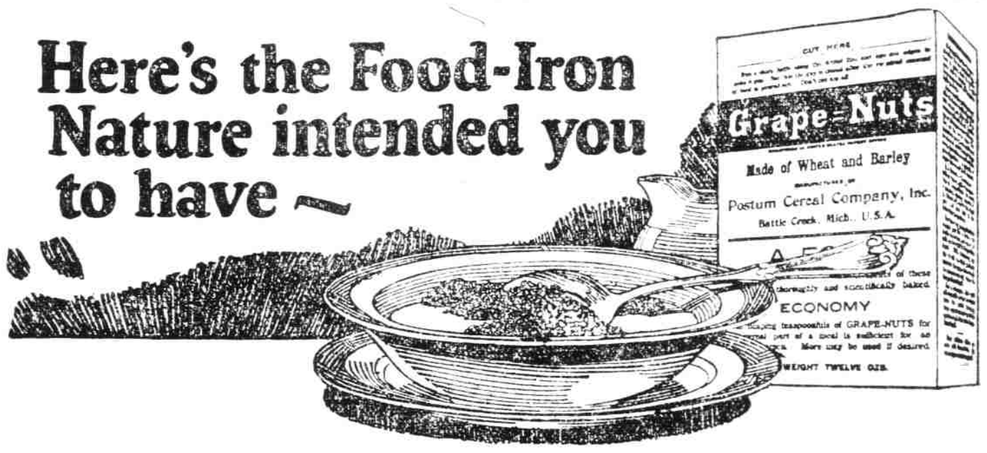
In the golden ages of art in Italy, Michelangelo, Leonardo and Raphael painted side by side in Florence for a short time. There was continual discord between Leonardo and Michelangelo, causing the latter to leave Florence. Not to be outdone, a committee of scientists, Leonardo departed for Milan. Although we should like to know all the matters leading to the bitterness it would seem that considerable fault lay with the latter.

Michelangelo was an uncouth man, and a particular crabbed specimen. He would not brook criticism. During the pontiffs (popes) visit to see a bronze statue of Pope Julius II, ordered by that pontiff and which the master had just finished, was thought to have criticized it. After calling him a "stupid fellow," the pontiff, stamping hard, Michelangelo presented his son of Lorenzo, to Leonardo. "The [illegible] are [illegible] by the father are [illegible] to parents."

Keeps Off Rust.

[illegible] applied [illegible] outside of the gas [illegible] will [illegible]

Here's the Food-Iron Nature intended you to have —



KIND and skilful Mother Nature planted under the outer coat of the kernels of her best food-grains a store of iron for human use. Many present-day foods are robbed of this and other vital qualities in the extra "refinement" of preparation.

Grape-Nuts, that famous wheat-and-malted-barley food, supplies iron, phosphates and vitamin from the natural grain; and in its splendid, well-rounded nutriment and easy digestion it is a wonderful builder of health and energy.

There's a delightful charm of crispness and flavor to Grape-Nuts—a welcome serving at any meal. Ready to serve, with cream or milk.

Order from your grocer today. There are many servings, providing exceptional nourishment, in a package of this truly economical food.

Grape-Nuts THE BODY BUILDER

"There's a Reason"

POSTUM CEREAL COMPANY HEALTH PRODUCTS

Made by Postum Cereal Co., Inc. Battle Creek, Mich.