

## Jam & Jelly Making now an exact science

Fresh Fruits are Plentiful!

Use the short CERTO-Process for making jam and jelly with Berries, Cherries, Peaches and other fruits in season. You will find they are the best jams and jellies you ever tasted.

CERTO is sold by grocers everywhere or sent postpaid for 35 cents.

**1 MINUTE'S BOILING**  
of  
**2 POUNDS OF FRUIT**  
with  
**3 POUNDS OF SUGAR**  
and  
**4 OUNCES OF CERTO**  
makes  
**5 POUNDS OF JAM**

Wrapped up every bottle is a recipe booklet which tells the story.

Douglas-Pedra Corporation  
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No reason now her tongue to tell that old story "It did not jell! Her jam's now perfect—jelly, too! She uses CERTO—so should you!

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The Lloyd Mfg. Co., 1111 E. Washington, Mich. Please send in your booklets "Mothers of the World."

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## HAY FEVER

Sufferers from this distressing complaint can secure quick relief by using MOUNTAIN ASTHMA COMPOUND. Used for 15 years and result of long experience in treatment of throat, lung, and nasal diseases by Dr. J. H. Gault. FREE TRIAL BOX and Responder sent upon request. 25c and \$1.00 at drug stores. H. G. GALT CO., RUPERT, VERMONT.

Lilacs were imported into England by John Gerard from Persia in Elizabeth's reign. He brought the purple variety. Our forefathers brought them out to Canada as the shrub is not a native of America.—Montreal Family Herald.

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.

**NEW IN WORLD OF HARMONY**  
Recently Invented Device Seems to Offer Undreamed-of Possibilities to Composers of Music.

Added possibilities for orchestral composition are revealed in a device perfected by Bernard Samuels, European musician. Competent judges in the world of harmony believe that his "areophony" will greatly advance scoring for wind instruments by tinting future compositions with new and strangely beautiful harmonies, and will also prove a blessing to the musicians themselves by saving their health and nervous energy.

This instrument is said to provide a means of holding a tone indefinitely, while the performer is resting his lungs. This is accomplished by foot pressure on a dust-proof bellows. A small bellows operated by one foot supplies the air. Connected with this is a rubber tubing which terminates in a small metal reed fastened near the mouthpiece of the instrument. Both the reed and the regular mouthpiece are held in the mouth of the musician. By a sort of stopcock both are controlled.—Washington Star.

Let not the sun look down and say, "Inferious here he lies."

**If coffee disagrees drink Postum**  
There's a Reason!

## 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 AUGUST 12

MARTHA AND MARY

LESSON TEXT.—Luke 10:38-42; John 11:1-49, John 12:1-9.  
GOLDEN TEXT.—"Mary hath chosen that good part which shall not be taken away from her."—Luke 10:42.  
REFERENCE MATERIAL.—Proverbs 31:10-31.

PRIMARY TOPIC.—Two Loyal Friends of Jesus.  
JUNIOR TOPIC.—Martha and Mary.  
INTERMEDIATE AND SENIOR TOPIC.—True Friendship Shown by Martha and Mary.

YOUNG PEOPLE AND ADULT TOPIC.—Home Problems Illustrated by Martha and Mary.

In order to properly understand these two characters, it will be necessary to look at the several narratives in which they are brought to our view. These are three in number.

I. The Behavior of Martha and Mary in the Days of Sunshine. (Luke 10:38-42).

In this picture we see Martha engaged in preparing a meal for Jesus. In her effort to make the best preparation for her honored guest, she became distracted. She not only was cumbered with much serving but she found fault with Mary for not helping her. She even censured the Lord for permitting such neglect. Martha has had her followers in all ages. Every church knows them. The busy, troubled and fussy women who are engaged in service for the Lord with little patience for those who sit at the feet of Jesus. Mary sat at Jesus' feet and heard His word. She had taken her turn in the service as the word "also" would imply. She did not neglect service, but had the keenness of perception to discern that communion with the Lord was more prized by Him than the serving of a meal. Both of these women loved the Lord and it is impossible to say which loved Him more. In the days of sunshine in this home, Mary made the good choice of communion with her Lord.

II. Mary and Martha in the Day of Great Sorrow. (John 11:1-49).

The next scene which occupies our attention is the occasion of the resurrection of Lazarus. In the time of the sickness of Lazarus, these sisters had served for Jesus. Jesus loved the members of this household, and yet, strange to say, He delayed His going until, Martha met Him with rebuke, saying that if He had been there her brother had not died. This carried with it the censure for His delay under such trying circumstances. This act of Martha called for some marvelous teachings on the resurrection. After this interview with Martha, she came to Mary with the message of a call from Jesus. Mary was composed and remained in the house until called for. She immediately responded to this call and used the identical words of Martha, but instead of rebuking her, He mingled His tears of sympathy with hers of sorrow. The reason she had such composure in this dark hour was that she had patiently sat at His feet and listened to His word so that she understood the meaning of the tragedy. The difference then in the behavior of these two women in this dark hour was doubtless due to the fact that in the days of sunshine Mary had entered fully into fellowship with the Lord and the Martha had lost this grace through her fretfulness.

III. Jesus Entertained at Bethany. (John 11:1-9).

At this supper appeared Mary, Martha and Lazarus, who was raised from the dead. Doubtless this supper was in grateful appreciation of His help and sympathy in the days of their trial. At this meal Martha was back at her old business of serving, but it would seem with an untroubled disposition. Mary took a pound of spikenard, very costly, and anointed the feet of Jesus and wiped them with her hair. This was a token of her great love and devotion. She was back in her accustomed place at the feet of Jesus. With the keen intuition of true love, she brought her costliest gift as an evidence of her love. She thus anticipated His death and burial, knowing that she could not minister unto Him then. The Lord received this act of love at its full value. Against the foul criticism of Judas, Jesus defended Mary. He declared that it was no more a waste than the ointment placed on the bodies of the dead in embalment. In fact it was the doing of this very act beforehand unto Him. Only Mary of all His disciples had really understood Jesus when He said He must be crucified and raised again the third day. The announcement of His crucifixion brought into the others dismay. They refused to believe in the resurrection, but Mary came to anoint His body for burying.

Manners.  
Manners should bespeak the man independent of the clothing. The general does not need a fine coat.—Emerson.

Jesus Christ.  
Jesus Christ, the condescension of divinity, and the exaltation of humanity.—Phillips Brooks.

Action of the Mind.  
The mind unlearns with difficulty what has long been impressed on it.

## CHILDREN CRY FOR "CASTORIA"

Especially Prepared for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use for over 30 years to relieve babies and children of Constipation, Flatulency, Wind Colic and Diarrhea, bilious Fevers arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep without opiates. The genuine bears signature

*Chas. H. Fletcher.*

Billion Trees.  
The American Tree Association is working to the end that a billion trees be planted in this country in 1923. In other words, reforestation cannot be accomplished merely by debate.—Birmingham Age-Herald.

## If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has little curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited to those who are in need of it.

A prominent druggist says, "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to sworn statements of verified testimony of thousands who have used the preparation, the success of Kilmer's Swamp-Root is due to the fact so many people claim, that it fulfills most every wish in overcoming kidney and bladder ailments, corrects urinary troubles and neutralizes the uric which causes rheumatism.

You may receive a sample bottle of Swamp-Root by parcel post. Address Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this page. Large and medium size bottles for sale at all drug stores.—Advertisement.

Baby Talk.  
"Do you sleep much during the day?"  
"Yes. I find it's the only way I get the pep to roar all night!"—Jules.

When a woman helps her husband do anything she invariably wants to do the bossing.

**PE-RUNA**  
FOR STOMACH CATARRH

Few, if any, remedies can equal the value of Pe-ru-na for catarrh of the stomach.

At this season it is estimated that every third person is more or less troubled with this form of catarrh.

**BE READY**

Have the Proper Medicine in the House.

Sold Everywhere

Tablets or Liquid

**Vaseline**

Pure and healing a grateful aid on countless occasions

CHESBROUGH MANUFACTURING CO. (Consolidated) New York

**Vaseline**  
Yellow or White  
PETROLEUM JELLY

## WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I am willing to write to any girl or woman who is suffering from the troubles I had before I took Lydia E. Pinkham's Vegetable Compound. My back ached, so I could not go about my housework, and I had other troubles from weakness. I was this way for years, then my sister-in-law took the Vegetable Compound and recommended it to me. In the time I have been taking it and it has done wonders for me. I keep her and am able to do lots of work besides."—Mrs. HANNA SEVICK, 2711 Thomas St., Chicago, Ill.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years this same sort of experience has been reported by thousands of women.

Mrs. Sevick is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

**Pesky Bed-Bugs P. D. Q.**

Try just once P. D. Q.—Pesky Devil Quiescent—as a preventive or to rid Bed Bugs, Roaches, Fleas and Ants. Every family should use P. D. Q. in house cleaning time to guard against the Pesky Devil and to prevent the spread of bed bugs, insect powder, this is a new chemical that kills insects and their eggs. Each package contains, free, a patent sprayer, to enable you to get to the hard-to-get-at places and save the job. It is a 35 cent package makes one quart, enough to kill a million insects in their eggs. Your druggist has it or can get it for you. Mailed prepaid upon receipt of price by the Owl Chemical Works, Terre Haute, Ind.

**Cuticura Soap AND OINTMENT Clear the Skin**

Soap 25c, Ointment 25 and 50c, Talcum 25c.

Hobson's Choice With Him.  
He does not gamble.  
He does not smoke.  
He never takes girls joy riding—  
But he is no saint, not by a long way, for he is always cussing his luck because he can't make enough money to afford to do the naughty things the rich fellows do.—Cincinnati Enquirer.

**Says Teethina Saved Her Baby From the Grave**

"I actually believe Teethina saved my baby from the grave, for she was the sickest little thing you ever saw for six weeks," writes Mrs. B. W. Wamble, Route 4, Elba, Ala. "She had the best treatment we could give her, but seemed to get worse instead of better. When we stopped everything else and gave her Teethina she got better right away, and now she is a laughing, playful little darling and eats anything."

Teethina is sold by leading druggists or send 30c to the Moffett Laboratories, Columbus, Ga., and receive a full size package and a free copy of Moffett's Illustrated Baby Book.—(Advertisement.)

Self-Conscious.  
She—"What are you thinking of?"  
He—"Nothing!"  
"Oh, do take your mind off your self!"

**Sure Relief FOR INDIGESTION**

**BELLANS**  
6 BELLANS Hot water Sure Relief  
25c and 75c PACKAGES EVERYWHERE

**DON'T EXPERIMENT ON YOUR EYES**

**MITCHELL EYE SALVE**  
heals inflamed eyes, cures eye aches, etc. Sure. Safe. Speedy. 15c at all druggists.

When You Need a Good Tonic Take **BABEK**

THE QUICK AND SURE CURE FOR Malaria, Chills, Fever and Grippe CONTAINS NO QUININE

All druggists, or by parcel post, prepaid from Kloczewski & Co., Washington, D. C.

W. N. O., CHARLOTTE, N. C. 32-1923

## FIGHT MEASLES WITH SERUM

Encouraging Results Are Reported by the New York State Department of Health.

Announcement is made by the New York state department of health that encouraging results are being obtained in preventing deaths from measles by using a serum obtained from the blood of adults who have had the disease. Laymen should note that the report says "encouraging," not that a cure has been found.

If a serum has been discovered which will ameliorate the severity of measles, much less cure the disease, another boon has been conferred on mankind by science, the Philadelphia Evening Bulletin announces. Even to this day measles is regarded by too many parents as an ailment inseparable from childhood and the sooner a youngster contracts the illness and gets it over and done with the better. This is altogether a wrong idea. Measles is not only dangerous in itself but is often complicated by serious ailments of the eyes, ears, kidneys and bronchial regions.

A disease of childhood, measles, attacks adults and in the late years may be more pestilential than to a young person. When frequently epidemic, a certain immunity follows, but when the disease is taken among a people who have never before been visited by it the mortality is high. Years ago a British ship from Australia carried measles to the Fiji islands and 40,000 of the 150,000 Fijians were swept off.

**POISON IN ORDINARY FOODS**  
Fact That Most People Take a Small Amount With Their Regulation Breakfast Dishes.

Did you have your morning dose of poison today?  
"Poison?" you ask. "What do you mean?"

Well, the truth is, that if you had bacon for breakfast, salt in your cereal, blenders or kippers, rolls covered with icing, pepper on any of your food, or even a cup of coffee or tea, you had your morning dose of poison.

Poison, of course, does not harm us if taken in sufficiently small amounts. Bacon contains a little saltpeper, an ounce being considered sufficient to kill.

The Chinese commit suicide by eating a cupful of salt; blenders and kippers contain formaldehyde; most cake or roll icings have prussic acid in them; cloves, nutmegs, horseflesh, and a number of other herbs are poisonous if taken in large enough quantities. Black pepper contains piperine—an alkaloid poison; and doctors agree that overindulgence in coffee is most injurious because of its caffeine content.—Popular Science Monthly.

Copper on the Leviathan.  
From the tiniest brass screws to the 16½-foot bronze propellers, the copper and brass industries have played a most important part in the reconditioning of the Leviathan, the world's largest ship. More than 25 miles of copper tubing, 250,000 pounds of it, were required for the heater coils in the staterooms. The heating coils, valued at 50,000 pounds, the weight of the 200,000-pound state of liberty.

The lighting system required 745,000 feet of copper wire. All salt water lines are copper, according to Skilling's Mining Review. In the condensing system, 20,346 pounds of admiralty brass tubing were used. Where German engineers had used iron in the lubricating system, copper was introduced.

His Experience.  
"Well, I'll tell you, Ellick," confessed Gap Johnson of Rumpus Ridge. "I hung back right sharply about getting married. You see, I kinder got to thinking about the monotony of living with one—'till—person all my life."

"When you got married how'd it work out?" asked Ellick Ocker.  
"Never had a chance to try it, securely. I've got fourteen children, three brothers-in-law, a father-in-law, mother-in-law, several other kinfolks and a couple of fellers that I never did find out persily who they was, hanging around more or less generally."—Kansas City Star.

A New Make of Car.  
Fred A. Wetherby, who lives in Martinsville, has taken an unusual interest in a bright four-year-old boy of one of his neighbors, and this interest has elicited some very amusing remarks by the youngster. The other day Mr. Wetherby drove into his neighbor's place and stopped near the place the four-year-old was playing.  
"I'm going to get me a car when I get big," the boy announced emphatically.  
"You are," encouraged Mr. Wetherby good-naturedly. "What kind are you going to get?"  
"A Rhode Island Red," replied the youngster.—Indianapolis News.

Canadian Wheat Holds Its Own.  
During the last season wheat from Argentina has been a serious competitor of Canadian wheat and has supplied a large part of the requirements of Great Britain. However, Canadian wheat has sold readily whenever tonnages could be secured at rates sufficiently favorable to enable Canadian wheat to reach the British market even at a slight advance over the Argentine product. Shipments of Canadian wheat to the Orient are approximately one-third of the amounts shipped during the season of 1921-1922, when Japanese crops were very light.

Save your self hours of discomfort  
**Resinol**

is what you want for your skin trouble—Resinol to stop the itching and burning—Resinol to heal the eruption. Scratching makes it worse, besides being embarrassing and dangerous, but the smooth, gentle ingredients of RESINOL OINTMENT often overcome the trouble promptly, even if it is severe and long-established. Bathing the affected part first with RESINOL SOAP hastens the beneficial results. Resinol products at all druggists.

Take It at Night  
Makes the Morning Bright

**St. Joseph's LIVER REGULATOR & BLOOD-PURIFIER**  
The BIG 25c CAN

WINTERSMITH'S CHILL TONIC

For over 50 years it has been the household remedy for all forms of Malaria, Chills, and Fever, Dengue

World Calls for U. S. Autos.  
All parts of the world are opening up as markets for American motor vehicles. Though some European countries are heavy purchasers of the United States product, the best customers for motor cars from the United States in 1922 were Australia, Canada and Mexico, which purchased 11,238, 10,214 and 7,270, respectively.

Exonerated.  
Flint—Your neighbors seem to be "stuck up."  
Nisher—They speak to me.

Keep Stomach and Bowels Right  
By giving baby the harmless, purely vegetable infants and children's regulator,  
**MRS. WINSLOW'S SYRUP**  
brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.  
At All Druggists

**ABSORBINE**  
Stops Lameness from a Bone Spavin, Ring Bone, Splint, Carb, Side Bone, or similar troubles and gets bones going again. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page IV in pamphlet with each bottle tells how. 25c a bottle delivered. Horse Back & Co.

W. F. YOUNG, Inc., 510 Lyman St., Springfield, Mass.

**FRECKLES**  
Don't Hide Them With a Veil; Remove Them With Othine—Double Strength

This preparation for the treatment of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold under guarantee to return the money if it fails.

Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the freckles freckles vanishing entirely.

Be sure to ask the druggist for the double-strength Othine. It is this that is sold on the money-back guarantee.

**DOG BOOK FREE**  
82 page book—how to keep your dog well—how to care for him when sick. Results of 82 years' practical experience with every known dog disease. **FREE** by mail. Dog No. 1.  
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125 West 79th St. New York