

AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio. "I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 175 pounds I went to 115 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."—Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Incidental Embellishment.
"Remember," said the man who takes life seriously, "that riches have wings."
"Well," replied Mr. Dustin Stax, "the fact that a fried chicken has wings doesn't prevent me from enjoying it."
To Drive Out Malaria
And Build Up The System
Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.
Production of copper in the United States is more than 25 times what it was in 1880.
Wright's Indian Vegetable Pills have stood the test of time. Test them yours if you need for example to 373 Pearl street, N. Y.—Adv.
There are 98 wire factories in the United States.

Thousands Tell It

Why daily along with backache and kidney or bladder troubles? Thousands tell you how to find relief. Here's a case to guide you. And it's only one of thousands. Forty thousand American people are publicly praising Doan's Kidney Pills. Surely it is worth the while of any one who has a bad back, who feels tired, nervous and run-down, who endures distressing urinary disorders, to give Doan's Kidney Pills a trial.

A North Carolina Case

Mrs. W. A. Morley, "They Never Tell a Boy" Penland Ave., Asheville, N. C., says: "I was in bad shape with kidney trouble. I had dizzy headaches a long time with nervous spells and a very bad back. I didn't act as they should. I also suffered severely from backache and could hardly straighten after stooping. When I saw Doan's Kidney Pills advertised, I got some and they did me of all the trouble."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
POSTER-MILBURN CO., BUFFALO, N. Y.

Don't Persecute Your Bowels

Get out cathartics and purgatives. They are brutal, harsh, unwholesome, and injurious.
CARTER'S LITTLE LIVER PILLS
Purely vegetable. Act gently on the liver, cleanse the bile, and soothe the delicate membrane of the bowels. Carter's Little Liver Pills. Beware of cheap imitations. Beware of pills that cause cramps and indigestion, so millions know.

SMALL PILL, SMALL DOSE, SMALL PRICE.
Genuine must bear Signature
Wm. Wood

Every Woman Wants

Portine
ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for domestic toilet purposes. Disinfects, deodorizes and refreshes. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healthful wash for most external parts, throat and sore eyes. Economical. The only antiseptic powder that is non-toxic. Prepared by Wm. Wood, Buffalo, N. Y.

RHEUMATISM

A deep penetration of the system (three weeks) of the celebrated Mineral Water, being taken. Tastes most palatable. It is a money-back, or return your money back, should you not be cured. Rheumatism, Gout, Gravel, etc.

INTERNATIONAL SUNDAY SCHOOL LESSON

By H. C. BELLEFLORE, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.
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LESSON FOR OCTOBER 8

PAUL BEFORE FELIX.

LESSON TEXT—Acts 24.
GOLDEN TEXT—Herein I also exercise myself to have a conscience void of offense toward God and men always.—Acts 24:16.

This is a court scene, and it might be well with certain classes to introduce the lesson by describing such a gathering. The lesson occurred five days after the last lesson, and twelve days after Paul reached Jerusalem, bearing the collection for the poor. The place, Caesarea, was the Roman capital of Judea.

I. The Prisoner's Examination (vv. 1-9). In addition to the Roman governor, Felix, attired in his gorgeous official regalia, on a platform nearby, were the high priest of the Jews, in his highly colored and jeweled robes, the lawyer, Tertullus, in his Roman toga, and the elders of the Sanhedrin who had come down from Jerusalem to be witnesses against Paul. Of Tertullus it was said that, by his persuasive tongue, he could make white seem black, and could therefore more easily make it appear that Paul was "a danger to the Roman power, and not merely a turbulent and renegade Jew." The judge, Felix, was an exceptionally bad governor, who two years later was recalled by Nero to Rome. The inference of verse two is that Paul was an inciter of rebellion and robberies, but the exact charges were three-fold: (See vv. 5-6) (a) that Paul was a mover of insurrection; (b) that he was a ringleader of a sect of Nazarenes who were causing trouble in the province; and (c) that he had profaned the Jewish temple at Jerusalem. The charge of insurrection would be especially obnoxious to Felix, who had just been praised for keeping peace in his dominion. That of being a leader of heresy was not serious, for the Romans had no desire to interfere between one Jewish sect and another, but it led to the last one, viz., profaning the temple. The Romans had legalized the Jewish ritual, and for Paul to profane the holy place would be a serious outrage. The weakness of Tertullus' case was that he produced no evidence to support his charges. The accusers were there, but they had no witnesses.

11. The Prisoner's Defense (vv. 10-21). Paul cheerfully made his defense, for he knew the Jews and their customs, and that Felix had married a Jewess, (v. 24). We might consider this defense first negatively and then positively. On the negative side, Paul answers each charge seriatim. In the first place there had not been time for him to cause an insurrection (v. 11). Going back over these days; (1) his arrival in Jerusalem (21:15); (2) his appearance before James (21:18); (3, 4, 5 and 6), the days of his vow (Ch. 21:26, 27); (7) his arrest; (8) his appearance before the Sanhedrin; (9) the conspiracy and his deliverance; (10, 11, 12 and 13) in Caesarea (See Ch. 24:1). Paul's statement showed that the whole story of his experience was fresh in the memories of both friends and foes. It was the Jews who did the stirring up. Paul answers the second charge by acknowledging (vv. 14-16) that he belonged to the Christian way of salvation, but denied that this was heresy. Paul was a true Jew and a good Pharisee, for (1) he worshipped the same God (v. 14); (2) he believed in the Jewish law and prophets. From them he knew he could prove that Jesus was the Messiah. (3) He agreed with the Pharisees (v. 15) in hope toward God, a resurrection from the dead and immortal life. Paul's life was "void of offense" toward God in heart and worship, and toward men as shown in good deeds. It was for this that he exercised himself. Literally, he worked upon the raw material, disciplining and training it. Paul answers the third charge by a simple denial that it had actually taken place, and calls for witnesses. Positively, Paul explains that he had followed the God of his fathers, that he believed in fulfilled prophecy—literally the resurrection of Jesus from the dead—that he came to Jerusalem with alms for the poor, and, as before the council, he stands upon his integrity.

III. The Judge's Delay (vv. 22-37). Felix had a "more perfect knowledge of that way." We believe he had secured this knowledge from Philip, the evangelist, and from Cornelius, the Roman centurion, both of whom lived in Caesarea. By deferring his decision, Felix avoided an outrageous injustice to Paul, and at the same time gave serious offense to the troublesome Jews who knew of his evil conduct. From verse twenty-three we see that Paul was given liberty, literally such indulgence in freedom as would be consistent with his safety. Luke, the physician, and Philip, the evangelist, visited him here, bringing food, books and letters. After a time Felix and his wife, Drusilla, sent for Paul to talk with him "concerning the faith in Christ." Drusilla was a daughter of Herod Agrippa I (vv. 12-23), and a sister of Herod II (See Ch. 26). She was a beautiful woman, much younger than Felix who was possibly about sixty years of age. She and her only child perished in the eruption of Vesuvius.

THE KITCHEN CABINET

If I knew you and you knew me—If both of us could closely see, And with an inner sight divine, The meaning of your heart and mine, I'm sure that we would differ less, And clasp our hands in friendship's ties, Our thoughts would pleasantly agree, If I knew you and you knew me.—Nixon Waterman.

HURRIED EATING.

Hasty eating is not by any means an accomplishment that is acquired alone by the busy business man, for it is nearly as common among women.

This violation of nature's laws, sooner or later will bring the penalty of indigestion and disordered liver. Food hurried along in the body is either wasted, fulfilling no part of its natural functions in nutrition or it is retained in the intestine in this undigested state, causing fermentation and kindred ills that lead to serious trouble.

It is easy to see that the active outdoor worker may, with less danger, bolt his food, for he sits down for his quiet noon hour and his digestion is in perfect working order owing to active exercise. The indoor worker rushes to the lunch counter, often standing while he bolts a piece of pie and washes it down with a glass of milk or a cupful of coffee. Then goes back to an office where he sits in a stooping position, which retards digestion.

It would be far wiser for the indoor worker to fast at noon or take but a glassful of buttermilk or milk than to hurry into the stomach a mixture of lily blended foods.

The normal secretions of the mouth are alkaline and as starch is digested in such a medium it is necessary that all starchy foods be properly insalivated. If a piece of bread and butter is well divided in the mouth and a spoonful of acid fruit is added to it the acid retards the action of the alkaline. These foods should be eaten alone: fruit, then starches. Fatty foods are valuable, but mix them with starch in the form of pie and trouble begins if you have any digestive weakness. The fat surrounds the starch grains, preventing the action of the mouth and intestinal juices and more trouble ensues.

The foods best suited to the indoor worker are the easily digested foods, and even milk should be sipped, not swallowed as one does water. Milk and eggs, and dishes made from them are best suited to the indoor worker.

No stream from its source Flows seaward, how lonely soever its course, But what some land is gladdened, No star ever rose And set without influence somewhere. Who knows What earth needs from lowest creature. No life can be pure in its purpose and strong in its strife And all life not be purer and stronger thereby.—Owen Meredith.

CHEESE DISHES.

There are so many kinds of cheeses and so many ways of preparing this delicious food that there is no excuse for lack of variety.

Italian Cheese With Rice.—Put a half cupful of well washed rice to cook in a pint of boiling water, cook five minutes from the time it boils. Drain and rinse the rice in cold water; add a cupful of canned tomatoes, three-quarters of a cupful of water, one chopped onion, half a chopped green pepper, half a teaspoonful of parsley, three whole cloves and salt to taste. Cook together until the rice is soft, then add a half cupful of grated cheese. Serve steaming hot, as a main dish; it will be found to be most appetizing.

Dream Cakes.—Cut thin slices of rye bread and trim off all the crusts. Butter lightly, spread with grated cheese, red pepper, a few drops of Worcestershire sauce and salt; cover with a second slice and then saute both sides in a little butter. These should be eaten at once. Serve with the salad.

Cheese and Apple Fritters.—Slice (a) apples in thin slices, put thin slices of cheese between, sandwich fashion and saute in a little butter until the apple is soft.

Welsh Rarebit.—Scald two cupfuls of rich milk, add a tablespoonful of butter and half a teaspoonful of soda. When this is bubbling stir in two cupfuls of mild cheese, cut in bits, a teaspoonful of mustard, moistened with milk; add cayenne and salt and one well beaten egg. When the cheese melts, turn it over slices of buttered toast or toasted buttered crackers which have been softened by dipping into a little hot milk. One need not fear bad dreams if the cheese is simply melted.

Curried Carrots.—Cut up in strips as many carrots as are required for the family. Put them wet into a saucepan with a tablespoonful of butter, a teaspoonful of curry powder and salt and cayenne pepper to taste. Cover the pan closely to keep in all the steam and cook until tender in their own steam and juice. More water may be added if necessary, but the flavor is much better cooked in its own water.

DANGEROUS CALOMEL IS SELDOM SOLD NOW

Calomel Salivates! It Makes You Sick and You Lose a Day's Work—Dodson's Liver Tone Acts Better Than Calomel and Is Harmless for Men, Women, Children—Read Guarantee!

Every druggist here, yes! your druggist and everybody's druggist has noticed a great falling-off in the sale of calomel. They all give the same reason. Dodson's Liver Tone is taking its place.

"Calomel is dangerous and people know it while Dodson's Liver Tone is safe and gives better results," said a prominent local druggist. Dodson's Liver Tone is personally guaranteed by every druggist. A large family-sized bottle costs only 50 cents and if you find it doesn't take the place of dangerous, salivating calomel you have only to ask for your money back.

Dodson's Liver Tone is a pleasant-tasting, purely vegetable remedy, harmless to both children and adults. Take a spoonful at night and wake up feeling fine, no sick headache, biliousness,ague,

sour stomach or clogged bowels. Dodson's Liver Tone doesn't gripe or cause inconvenience all next day like calomel.

Take a dose of calomel tonight and tomorrow you will feel sick, weak and nauseated. Don't lose a day's work!

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up with your head clear, your liver active, bowels clean, breath sweet and stomach regulated. You will feel cheerful and full of vigor and ready for a hard day's work.

You can eat anything afterwards without risk of salivating yourself or your children.

Get a bottle of Dodson's Liver Tone and try it on my guarantee. You'll never again put a dose of nasty, dangerous calomel into your stomach. Adv.

An Eye to Business.
"This play is the worst ever. I am going to demand my money back."
"Wait until after the next act, old man. Ten years elapse between acts 1 and 3, and you can demand interest on your money for that length of time."

St. Louis Lady Cured of Eczema.
503 Vernon St., St. Louis, Mo.
I have had Eczema for four years and have tried everything possible to cure it without success, until I tried Tetterine. Your medicine has cured me after six months' trial. Miss A. B. King.
Tetterine cures Eczema, Itching Piles, Ring Worm, Dandruff and every form of Scalp and Skin Disease. Tetterine 50c; Tetterine Soap 50c. At druggists or by mail direct from The Shuptrine Co., Savannah, Ga.
With every mail order for Tetterine we give a box of Shuptrine's 30c Liver Pills free. Adv.

There are 1,396 fish preparing factories in Spain.

Harbinger of Autumn.
"You are as merry as a cricket this morning."
"Yes," replied the cheerful suburbanite. "When I issued forth from my dwelling I saw something on a vacant lot that convinced me this terrible summer is about ended."
"What did you see?"
"A billboard carrying an advertisement of full overcoats."

Constant Reader.
"Biggins is a pessimist, isn't he?"
"Yes. He's so fond of bad news that he goes down cellar every morning to read the gas and electric meters."

No Fun in That.
"Why did you break the engagement?"
"Well, my fiancée got to imitating one of these movie queens. She thought it was cute to shoot me a swift kiss under the ear."

MOTHER'S JOY SALVE
for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists. GOOSE GREASE COMPANY, MFRS., Greensboro, N. C.—Adv.

The Usual Way.
Browning—I understand you were at the races yesterday?
Greening—Yes, but I happened to pick one before he was ripe.

HOW TO MAKE COFFEE

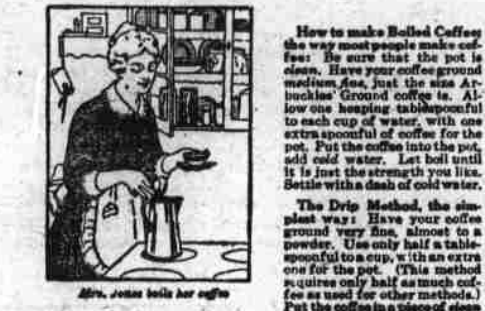
By the greatest coffee merchants in the world
With pictures of three wives and what their husbands say of their coffee

There has been a great deal written and said about making coffee, and wherever you go, each woman thinks her way is best. Yet we all know how much coffee varies; good one meal—bad the next—often so bad you simply can't drink it.

Don't be discouraged if you are not getting coffee as fine as you would like to have. Don't be satisfied to drink coffee which is "just me-

dium." A million other women make coffee their husbands brag about, and it is so easy for you to do it.

Instead of coffee which you only put up with because you can't get the kind you would like to have, you can get coffee which every member of your family will enjoy, coffee which every visitor will praise, coffee which you yourself couldn't do without.



Mrs. Jones talks her coffee.



Mrs. Green says something to her percolator.

How to make Boiled Coffee: The way most people make coffee is: Be sure that the pot is clean. Have your coffee ground medium fine, just the size of 4 1/2 buckles' Ground coffee is. Allow one heaping tablespoonful to each cup of water, with one extra spoonful of coffee for the pot. Put the coffee into the pot, add cold water. Let boil until it is just the strength you like. Strain with a dash of cold water.

The Drip Method: Have your coffee ground very fine, almost to a powder. Use only half a tablespoonful to a cup, with an extra one for the pot. (This method requires only half as much coffee as used for other methods.) Put the coffee in a piece of clean



Mrs. Smith makes drip coffee.

cheese cloth; pour boiling water through it slowly—through once only. Be sure to have water boiling. This does not make as strong coffee as boiling—if you want it stronger, don't make it this way—increasing the amount of coffee won't make it any stronger.

Percolator coffee—the easiest method: Use a medium fine ground coffee for percolators. (Just the size Arbuckle's Ground coffee.) Allow a tablespoonful to each cup of coffee and one extra: let the water percolate up through the coffee until it is just the right strength. Making coffee this way, you can have it just as mild or strong as you like, and you can rely on its being good every time.

The coffee itself: There are hundreds of varieties of coffee grown. The coffee itself must be put up by men who know coffee! Arbuckle's Coffee is. It is put up by Arbuckle Bros., the greatest coffee merchants in the world. They can give you the finest coffee which no one else can afford to give.

Clean and fresh: No matter how good coffee itself is, if it isn't well taken care of, it makes a poor drink. Arbuckle's Coffee is put up in sealed, dust-proof packages, carefully wrapped to protect it from moisture, dirt, store odors. It arrives in your kitchen strong, full of flavor.

Always the same: Arbuckle's Coffee today is the biggest selling coffee in the United States. Did you ever stop to think what this means? To think how good

a coffee must be to be the biggest seller in the United States! From the moment it was put on the market, it was a success. Today, it is used in over a million homes in the United States.

Beautiful Gifts: We share our profits with you by giving you useful and beautiful premiums for signatures saved from Arbuckle's packages. We buy premiums for over a million names of Arbuckle's Coffee. Buying in such large quantities makes it possible for us to give the greatest premium values ever seen. In every package of Arbuckle's Coffee there is a circular showing our premiums. Be sure to get it and see how quickly and easily you can get what you want, all without any cost.

Get Arbuckle's Coffee from your grocer today, either the Whole Roast or the New Ground.

Arbuckle Bros., 710-1 Water Street, New York

All their wives use Arbuckle's—start to use it yourself—give your husband a chance to brag.