

A Doctor's First Question Is ?

"How are Your Bowels?" A Simple Remedy that Guarantees Good Bowel Action.

Trace the origin of the common ills of life and almost invariably you will find that constipation was the cause. It is not to be expected that a mass of fermented food can remain in the system beyond its time without vitiating the blood and affecting the nerves and muscles. It congests the entire body.

The results are colds, fevers, piles, headaches, and nervousness, with its accompanying indigestion and sleeplessness. There is only one thing to do, and that is to remove the trouble; and when nature seems unable to do it, outside aid is necessary. You will find the best of all outside aids a remedy that many thousands are now using for this very purpose, called Dr. Caldwell's Syrup Pepsin. Many hundreds of letters are received by Dr. Caldwell telling of the good results obtained, and among the enthusiastic letters is one from Lieut. G. W. Vaughan, of 623 W. North St., Decatur, Ill. He is 72 and has had a bad liver and stomach since he came out of the army. He says he tried about everything, but never succeeded in getting permanent relief until he took Dr. Caldwell's Syrup Pepsin. He is never without a bottle in the house, and he is never without good health.

It has untold advantages over pills, salts and the various coarse cathartics



LIEUT. G. W. VAUGHAN

and purgatives, for while these do but temporary good, Syrup Pepsin cures permanently. The effect of its action is to train the stomach and bowel muscles to do their work naturally again, and in a short time all forms of medicine can be dispensed with. It can be bought without inconvenience at any nearby drug store for fifty cents and one dollar a bottle, the latter size being regularly bought by those who already know its value. Results are always guaranteed or money will be refunded.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

Common Form of Insanity.

A party of Clevelanders entertained some holiday visitors and having showed them everything interesting in Cleveland proper they had to take them to Newburg for a view of the asylum. The superintendent was in a genial frame of mind and he conducted the bunch personally.

"Here is a queer case, ladies," he said, pausing at a particular cell. "This man has the delusion that he possesses the motive power that runs the universe. He is perfectly harmless, but he actually believes that without him the world would not move. Strange notion, isn't it?"

"Why, not at all!" exclaimed one of the women. "My husband has the same idea and he always has had it. Is he crazy, too?"

STOMACH MISERY GAS, INDIGESTION

"Pape's Diapepsin" fixes sick, sour, gassy stomachs in five minutes.

Time! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, or foul breath.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless.

Please for your sake, get a large fifty-cent case of Pape's Diapepsin from any store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Pape's Diapepsin belongs in your home anyway. Should one of the family eat something which don't agree with them, or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest relief known. Adv.

Easy Then to Be Generous.

The trouble with some would-be generous men is that they always leave their money at home in their other clothes.

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated tiny granules. Adv.

The Pioneer.

"Who started the first exposure of the underworld?" "I guess it was the first volcano."

Putnam Fadeless Dyes will last until the goods wear out. Adv.

It sometimes requires a buoyant nature to keep up appearances.

Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts—Have No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Warranted

PISO'S REMEDY Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists. FOR COUGHS AND COLDS



Abraham Lincoln

"With malice toward none and charity for all." Second Inaugural Address.

With malice toward none, as his life typified, And a charity sweet, that in blessings abound, We honor the day with thanksgiving and pride, The day of his birth—his praises resound.

Though humble his birth and to poverty known, From rail-splitting labor to chief magistrate climbed, In the heart of the nation he builded a throne, That loyalty, peace and forgiveness combined.

A nation with reverence bows to his name, And hails him as Saviour of Union and home; The slaves once in bondage, now free from the chain, His memory cherish on tablets of stone.

In palace, in cottage, on monument fair His name is engraved, his virtues extolled, The pages of history his work declare In silvery brightness—in letters of gold.

—Frederick R. Mann

YOUTH WAS A LITTLE BITTER

Uncle's Quite Natural Desire Did Not Seem to Him to Be Altogether Reasonable.

Howard is quite a spendthrift. His only living relative is an old uncle who is not; and there are other differences between Howard and his uncle, says the Cleveland Plain Dealer. However, one day not long ago our young hero more or less diffidently approached his avuncular relative with the intimation that it would be a graceful thing for the old chap to loosen up.

"Young man," said the uncle, "you are a spendthrift. If I had money I would not give it to you. But I have no money. You seem to think I have a treasure hidden away somewhere. Get rid of that notion. I have saved up a sum large enough to bury me decently when I die, and that is all. Now, get out!"

A friend of Howard asked him a little later in the day why he looked so thoughtful.

"I was just wondering," he said, "where that old fellow got the idea that he ought to be buried decently."

Practical Celebration.

He was idealistic and poetical. She was practical—a good matrimonial combination. He came home one evening after a hard day at the office and said: "Maria, my dear, do you realize that tomorrow will be our wooden wedding? We ought to celebrate the occasion somehow, don't you think?" And she said: "Hank, my darling, I know it. Been thinking about it all day and have it all arranged. I have ordered a big wagon load of kindling to be delivered tomorrow afternoon, and you will come home early from the office and carry it into the cellar."

A man is afraid of an intellectual woman because he knows she isn't afraid of anything.

ANOTHER COFFEE WRECK What's the Use When There's an Easy Way Out?

Along with the coffee habit has grown the prevalent "American Disease"—nervous prostration. The following letter shows the way out of the trouble:

"Five years ago I was a great coffee drinker and from its use I became so nervous I could scarcely sleep at all nights. My condition grew worse and worse until finally the physician I consulted declared my troubles were due to coffee.

"But being so wedded to the beverage I did not see how I could do without it, especially at breakfast, as that meal seemed incomplete without coffee.

"On a visit, my friends deprived me of coffee to prove that it was harmful. At the end of about eight days I was less nervous, but the craving for coffee was intense, so I went back to the old habit as soon as I got home and the old sleepless nights came near making a wreck of me.

"I heard of Postum and decided to try it. I did not like it at first, because, as I afterwards discovered, it was not made properly. I found, however, that when made after directions on the package, it was delicious.

"It had a soothing effect on my nerves, and none of the bad effects that coffee had, so I bade farewell to coffee and have used only Postum since. The most wonderful account of the benefit to be derived from Postum could not exceed my own experience."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds. "There's a Reason" for Postum.

HIS LIBRARY A SMALL ONE

As a Boy Lincoln Had Few Opportunities for the Acquisition of Much Learning.

WHEN Abraham Lincoln was a small boy, says St. Nicholas, he had very few books. There was no need for him to consult a list of the hundred best books. His earliest possessions consisted of less than half a dozen volumes—a pioneer's library.

First, of course, was the bible, a whole library in itself, if properly understood, and containing every sort of literature—stories, poems, dramas, addresses, orations, histories, some simple enough for the youngest child, others taxing the wisdom of the learned. Second was "Pilgrim's Progress," with its quaint characters and vivid scenes related in simple, vigorous English. "Aesop's Fables" was a third, and introduced the log-cabin boy to a wonderful range of characters—the gods of mythology, the different ranks and classes of mankind, and every animal under the sun. Fourth was a History of the United States, in which there was the charm of truth and a more modern tone, and from which were learned the lessons of patriotism that Lincoln's manhood put into action. Last came Weems' "Life of Washington," a queer, stilted book, but one full of detail that made Washington seem a living example.

These five books were the beginning of Lincoln's education; and what wise man has outgrown them all? From the Bible, Pilgrim's Progress, and Aesop the boy Lincoln learned the power and beauty of plain English words, and saw that the grandest thoughts and most poetic imaginings needed only the strong little words of every day. When, therefore, in later life he wished to be sure he understood any matter, it became his custom to translate it into words such as a child can understand.

Read again the Gettysburg address and second inaugural, and learn how Lincoln could make the homespun words of common use move the hearts of his fellowmen.

Who will tell us what books were read by other great men and women of the past when they were "young readers?"

WORLD'S JUDGMENT AT FAULT

Writer Claims That Proper Appreciation of Lincoln Has Never Been Expressed.

TRULY Lincoln, one of the greatest of observers, was himself least truly observed. God had built him in the back-yard of the nation, and there, wrapped in homely guise, had preserved and matured his pure humanity. He was heard, but seems rarely, if ever, to have been truly seen. The reports we have of him do not satisfy, do not justify themselves, are inconsistent. The eastern, old-world eye could not read beyond the queer hat, bad tailoring and boots you could not now give away—and he was so long he fairly had to stoop to look the little world in the face.

Never have bad tailoring and homely, deferential manner so completely hidden seer, jester, master of men, as did these simple accoutrements this first great gift of the west. The world ever reads simple, deferential manner—true evidence of innate refinement—as weakness, timidity and indecision, just as it reads strength in noise and power in abuse. It is said of sound that volume will start a tear more quickly than quality of tone. But it is surprising that professional observers, artists and writers alike, have drawn and redrawn an untrue picture of this man. Out of the hundreds of Lincoln's pictures few are reliable, even as records of fact, and the hundreds of copyrighted lives of him, in their personal description, are largely reiterated popular opinion and hear-say—Everybody's Magazine.

The Great American.

One hundred and five years ago the First Great American was born in a cabin in Kentucky.

Great men were not lacking in America before Lincoln, but they were not of the soil of our new land. Washington was a colonial country gentleman; Jefferson a cosmopolitan revolutionist; Hamilton a reincarnate patrician of old Rome.

It was left for Abraham Lincoln to gather up and embody the characteristics of the nation he was born to save; boyish humor, homely wit, keen vision and unflinching purpose.

"SIGNED, ABRAHAM LINCOLN."



President's Signature to His Famous Emancipation Proclamation.

Nobody must underestimate the worth of the event known as the proclamation of emancipation, by Abraham Lincoln. It was the inevitable and, therefore, timely manifestation of a world-wide evolutionary process in the realm of human ideas and sentiment. If Washington made real the Declaration of Independence

in the form of constitutional government, with the help of his mighty compatriots, and thus surpassed Cromwell, he also marks for us a stage in the evolutionary process by which a Lincoln, with his emancipation proclamation, is an immediate prophecy—Carl Schurz in McClure's Magazine.

HAS NOT COMPLIED WITH STATE LAWS

GUSSIP FROM STATE CAPITAL

Items of Interest Gathered from Reliable Sources and Presented in Condensed Form to Our Readers.

Western Newspaper Union News Service Upon application of Charles D. Traphagen, citizen and taxpayer Judge Stewart of the district court has granted a temporary restraining order forbidding Harry C. Lindsay, reporter of the supreme court, delivering to the E. W. Stephens Printing company of Columbia, Mo., manuscript opinions of the state supreme court for volume No. 95 of such reports; also forbidding William B. Howard, state auditor, delivering to the Stephens Printing company warrants in payment for volumes printed by it, and forbidding Walter A. George, state treasurer, paying any such warrant. An injunction is sought on the ground that at the time the state printing board let the contract to the Missouri corporation to print, bind and deliver ten volumes of the supreme court reports, on August 27, 1913, that corporation was without authority to do business in the state of Nebraska, nor has it ever since that date complied with the laws of this state relative to foreign corporations.

Wants Teachers to Attend.

Suggestion that every Nebraska school district containing an accredited high school should allow one representative teacher therefrom to attend the national meeting of the department of superintendents of the National Educational association, is made to school boards of the state in form letters sent out by State Superintendent Delzell. In letters to the teachers he says: "We are sending a letter to your board of education requesting them to pay your expenses on this trip. You will notice by the enclosed schedule that you will have an opportunity to seeing many historical places and enjoying the same I trust you can arrange to go with us."

Measures Are Rejected.

Thirty-eight weights and measures were condemned at Fremont last week by an inspector for the state food commission who made a general examination of the weights and measures in commercial use there. Twenty-two of the rejected articles were liquid measures which dealers were using in their business for dry products. The cubic contents of liquid pints, quarts and gallons are less than those in dry measures of the same denominations. Eleven weights used on scales were also thrown out. One wagon scale, one platform scale, one measuring pump and one counter scale were found to be defective and not capable of being corrected.

Must Furnish Mileage Record.

In pursuance of his policy to require monthly statements from all of his appointees and their subordinates in regard to their use of railroad mileage paid for by the state, Governor Morehead intends to have the reports made out on a special blank form, giving full information on every trip taken, the exact mileage used for each trip and other essential facts. These statements will be sent in at the end of the month to the governor's office, accompanying the vouchers for salaries and expenses. They will be checked over in the executive office.

Fires Chiefly Due to Carelessness.

W. S. Ridgell, chief deputy fire commissioner of Nebraska is of the opinion that most of the fires that destroy buildings are due to carelessness and are therefore preventable. He believes 70 per cent of all fires in the state and United States is due to carelessness. During the past year 1,265 fires in this state were reported to the fire commissioner and the total loss was \$1,715,676, which is much less than in previous years.

George Fairchild, county treasury examiner of the state auditing force, has gone to Excelsior Springs, Mo., to recuperate from his recent paralytic stroke. He will remain until he feels able to resume his official duties.

Arrangements are being completed for the seventh annual contests in the Nebraska High School Debating league. The first annual contest this year will be held in February. Seventy-one towns, divided into twelve districts, will take part in the contests this year. Sixteen members were added this year. The first series of debates, held next month, will be on the question of regulation versus dissolution of trusts. Following this series will be another. The director of the league appoints the directors of the twelve districts.

Reforms to Be Favored.

The commission appointed by Governor Morehead for the purpose of recommending reforms in methods of legislation is said to have decided to report in favor of constitutional amendments for the wiping out of the house of representatives and for the short ballot, or the appointment of all state officers by the governor. With one legislative body and a greatly reduced number of members it is believed by the commission that better legislation may be obtained with a minimum of time. If such a report is

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. BELLERS, Director of Evening Department, the Moody Bible Institute, Chicago.)

LESSON FOR FEBRUARY 8.

DARKNESS AND LIGHT.

LESSON TEXT—Luke 11:14-26, 33-36. GOLDEN TEXT—"Look, therefore whether the light that is in thee be not darkness." Luke 11:35.

I. The Accusation (vv. 14-16.) The fact of demonology as revealed in the New Testament records is here strongly emphasized. Their existence, their malignity, their evil powers, their relation to the devil, and yet their subjection to our Lord, is all clearly set before us. The devil had so taken possession of this man that he could not speak, yet a word from Jesus, and the dumb spake. That he should have such power caused the people to "wonder" (v. 14). His miracles were for one principal reason (John 5:36). Matthew tells us (12:23) that in this case they asked the question: "Is this the Son of David," e. g., the promised Messiah? The record does not, however, indicate that they believed on him—were converted. They knew what had been prophesied about the Coming One (Isa. 29:18, 32:3, 4), yet they hesitated to come out on his side. Into the midst of their controversy (v. 15, Matt. 12:24; Mark 3:22) the Scribes and Pharisees projected themselves. They had come down from Jerusalem seeking, "that they might accuse him" (John 19:35, 36). It is ever thus that the devil seeks to divert.

Convincing Logic.

II. The Defense (vv. 17-20). "But he, knowing their thoughts." Evidently they dared not openly to make their accusations. They would not accept the natural and true explanation. Jesus endured this contradiction and these charges for us (Isa. 53:4), and must not his disciples expect a like treatment? (Matt. 10:25). With convincing logic Jesus reveals their motive (v. 16) and demonstrates the untenable position and conclusion which resulted from their own charge. Satan is not fighting himself. A king never sends an army against his own soldiers, but against those of his enemy. Therefore, out of their own acknowledgement that the devils were cast out, he proves that the kingdom of God has come upon them. Such an accusation (v. 15) was to Jesus an evidence of the depravity of their hearts. There is keen sarcasm in the answer he demanded from them (v. 19). Evidently they, too, had had power over demons, and it is easy to see the dilemma into which he led them. This is not the only time that Jesus convicted men out of their own testimony (Matt. 21:25).

III. The Application (vv. 21-26). With a true teacher's skill Jesus drives home the truth brought out in the preceding paragraph. Satan is a "strong man," but he, Jesus, is stronger. He has power to overcome and to take from the strong man his armor (defense), and his spoil, and to bind him fast (v. 22; Mark 3:27; Rev. 20:2). Those bound by chains of sin are the spoil of Satan, and Jesus is the only one powerful enough to—break the power of canceled sin. And set the prisoner free.

Cleanse the "Palace."

With Christ there must be entire possession; there can be no neutrality (v. 23). We cannot belong to Christ and be a slave to Satan, to mammon, to self, or even to others whom we may love. The persistence of evil is here indicated. Unclean spirits are ever seeking a habitation. Therefore it is not enough for a man to be cleansed, his dwelling must be occupied, and if the Holy Spirit does not take possession, the evil one will. The parable that follows (vv. 24-26) teaches this truth negatively. In one case Satan is dislodged by Christ, he finds the "palace" (v. 22) (man) to be pre-occupied. In this case the palace is empty (Matt. 12:44). The absence of a positive attachment, too, or possession by, Jesus Christ, involves hostility to him. This picture is that of the reformed man, not of the regenerated man. This latter has his place pre-occupied, and the returning spirit can find no place of abode. Unless, however, such be the case, the latter end of that man is far worse than his first state; witness the gold-cured intemperate men who return to their cups (2 Pet. 2:22); they return because they have no strong defender to drive off the returning enemy. This application and principle here propounded may, and does, account for most of the back-sliding after many of the so-called conversions, viz., that the germ of character has not been generated (John 3:7). It is by far the most difficult proposition in Christian work to reach one who is thus gospel hardened.

IV. The Illustration (vv. 33-36). In his teaching, Jesus constantly used familiar objects as illustrations. The incongruity of placing a candle under a bushel measure rather than in its rightful place that it may conspicuously perform its proper function is at once apparent. Jesus is the Light (John 7:17; 8:12), so also is the Christian. They are to be set before men that, seeing Christ reflected in them, they will glorify the Father who sent him. This is that which is used by God in redeeming, transforming and ennobling earth's sinful children.