

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

Ingredients.

"I don't think your speech was as full of ginger as some of your former efforts."

"Maybe it wasn't," replied Senator Sorghum. "The way a man has to stick to a topic in these blustering days makes him inclined to dispense with ginger and look for glue."

THE COLONEL'S GOLD MINE

Out in Gregory County, South Dakota, lives Colonel Johnson, the famed Alfalfa King of that great section.

About thirty years ago he left Wisconsin for that domain. All he had was willing hands, a clear brain and a bright vision. Today he is the owner of thousands of acres, president of several banks.



He has found a veritable gold mine in his thousand-acre Alfalfa field, and what is of particular interest to you and me is that his first Alfalfa Seed, twenty-five years ago or more, was purchased from the John A. Salzer Seed Co., La Crosse, Wis. The Colonel says: "The best paying crop in hay, or grass, or pasture food is Alfalfa. It outbids everything in money value."

Salzer's Alfalfa is good on your own farm, for three to five tons of rich hay per acre, and with the aid of "Nitrogen" (see my catalog) its growth is absolutely certain.

For 10c in Postage

We gladly mail our Catalog and sample package of Ten Famous Farm Seeds, including Epeltz, "The Cereal Wonder," Rejuvenated White Bonanza Oats, "The Prize Winner," Billion Dollar Grass, Teosinte, the Silo Filler, Alfalfa, etc., etc.

Or Send 12c

And we will mail you our big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to John A. Salzer Seed Co., Box 703, La Crosse, Wis., twenty cents and receive both above collections and their big catalog.

Where the Life is.

Bacon—Which is the liveliest province in Canada?"

Egbert—Why, Ontario.

"Why so?"

"Because I read in the paper that there are 1,002 cheese factories there."

THE PROFESSOR'S STATEMENT.

Prof. Aug. F. W. Schmitz, Thomas, Okla., writes: "I was troubled with Backache for about twenty-five years. When told I had Bright's Disease in its last stages, I tried Dodd's Kidney Pills. After using two boxes I was somewhat relieved and I stopped the treatment. In the spring of the next year I had another attack. I went for Dodd's Kidney Pills and they relieved me again. I used three boxes. That is now three years ago and my Backache has not returned in its severity, and by using another two boxes a little later on, the pain left altogether and I have had no trouble since. You may use my statement. I recommend Dodd's Kidney Pills when and wherever I can." Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y.—Adv.



Prof. Schmitz.

A Good Heart.

"George, where are your school books?"

"When notices appeared that books were wanted for the wounded, I gave mine to them."—Humoristic Listy (Prague).

Honest, now, did you ever see anybody take the advice you offered?—Memphis Commercial Appeal

INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of Sunday School Course, Moody Bible Institute, Chicago.

LESSON FOR MARCH 21

JONATHAN AND HIS ARMOR BEARER.

LESSON TEXT—1 Samuel 14:1-13. GOLDEN TEXT—Let us put on the armor of light.—Rom. 13:12.

Samuel's review of his life of integrity, his charge to the Israelites, God's testimony of displeasure over their persistent desire to have a king, and Samuel's words of comfort and assurance as found in chapter 12, form an interesting connection with last Sunday's lesson. In chapter 13 we have the record of Israel again in distress and of Saul's folly in his assuming the priestly office (vv. 13, 14).

I. Saul's Distress, vv. 1-4. That Saul's disobedience, just indicated, had incurred God's displeasure, we know. It evidently had its effect upon the people also, for his army had dwindled during the intervening fifteen or eighteen years, from 330,000 (ch. 11:8) to a feeble 600 (v. 2). They were further handicapped by a lack of weapons (ch. 13:19-23). Deserted by Jehovah, by Samuel, Jehovah's priest, and by nearly all of his enthusiastic subjects (see 11:12) Saul was "in the uttermost part of Gibeah" hiding under a pomegranate tree (see vv. 11, 22 and 13:6). This may refer to his being at Rimmon (Judges 20:43-47). In this retirement Saul retains Ahiah (v. 3) as priest, thus keeping up the outward form of worship. This priest is not referred to as Jehovah's. He was a grandson of Phinehas, one of Eli's wicked sons, and as such was not to be a successor in the high priest's office (ch. 2:30-36). Such an outward form of "dead works" cannot take the place of a living faith. For Saul to consult the oracle of the Urim and Thummim worn by the priest and later to call up familiar spirits, shows his lack of spiritual apprehension. The references made to Saul's conduct (chapters 12, 13) are an indication of his character and emphasize the psalmist's words as found in Ps. 119:11, 105.

II. Jonathan's Victory, vv. 4-13. But God had one leader to whom he could speak, Jonathan, who is one of the finest and most attractive characters in the whole Bible. This episode is among the most brilliant in the history of the Israelitish nation. It was a brave deed, and an evidence of that triumphant faith shown so clearly in Jonathan's dealings with David. There seems to be a suggestion that Jonathan had lost confidence in his father, for neither he nor the people knew where Jonathan had gone. Verses 4 and 5 vividly picture the nature of the location wherein Jonathan undertook this feat. Jonathan clearly counted upon the fleshly covenant sign as ground upon which to expect help and victory over his enemies, who lacked such a sign (v. 6). The army of the Philistines had been divided into three sections (ch. 13:17), and this gave Jonathan his opportunity. The garrison at Michmash was on the opposite side of the ravine from Geba, Saul's headquarters. Hidden by the cliffs it was quite easy to approach the Philistines. It is an interesting and enlightening conversation recorded as ensuing on that journey.

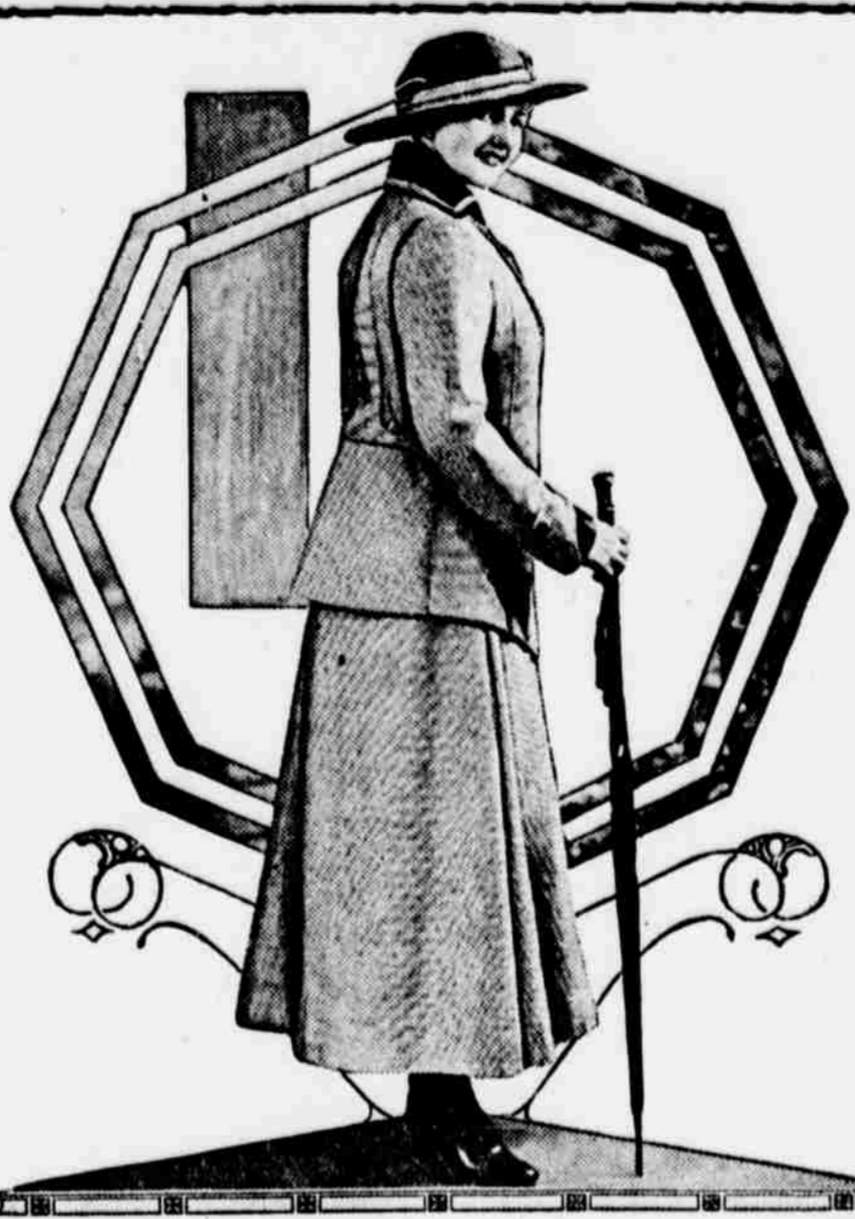
Jonathan—It may be that the Lord will work for us; for there is no restraint to the Lord to save by many or by few (v. 6).
Armorbearer—Do all that is in thine heart; behold I am with thee.
Jonathan—We will pass over, and will discover ourselves.

The test, as recorded in verses 8 and 10 was a real one and a revelation of Jonathan's shrewdness. Not to be invited by the Philistines would suggest a desire they may have had to cover up any weakness. To be asked to "come" suggests their self-confidence.

Today's Message. Two young men of faith saved a nation sunk in despair and disgrace. They inspired confidence in God and his promises. "Youth for battles, old age for counsel," but there are times that demand action more than conference and consideration. Courage is only of value, however, when based upon much training, devotion to God, the interests of others, and a clear vision. It is not a mere flash in life's pathway. Courage is contagious; Jonathan's feat set on fire the soul of a nation. Read again the roll of honor in the eleventh chapter of Hebrews. The highest courage is not physical but moral. This courage is open to all, but it is intelligent; grounded upon God's sure revelation in his word and in the person of his Son, our Lord. "And his armorbearer after him."

Jonathan did not go alone. On the other hand it is not probable this young lad would have gone up those rocks had not Jonathan led the way; because one went before him, he was able to scale the fortress. God alone knows the heights to which we may attain, but does not ask us to go alone, nor expect us to do the impossible. The greatest heroes are not military, they are Christian heroes, who put on the Christian armor and whose "strength is the strength of ten because their hearts are pure." Such heroes are not dismayed at the onslaught and gibes of the enemy.

Gowns of American Design



IF the new spring styles in gowns are strictly of American design, there is every reason to congratulate their creators. After a study of them one might be pardoned for quoting from the song which bids us heartily rejoice in the strength of our salvation and adding "from foreign-made modes" thereto.

The street costumes are cleverly shaped, comfortable, and clean cut. Their tailoring is a thing of faultless beauty. Skirts are short and just wide and flaring enough for comfort in walking and for style. Jackets and coats are easy and smart, improving the figure which wears them properly. One may have a choice as to length, as they are shown in both long and short models.

Materials are durable, old favorites being to the fore in the smartest garments. Decorations are few and elegant, buttons and straps and the introduction of outside pockets providing most of them. But it is in amazing cleverness in cutting both skirts and coats that this season has distinguished itself above others.

In party gowns skirts are more ample, but made of the alicest fabrics over satin foundations. Bodices are modestly high, and satin bindings are used to finish the flounces and overdresses of net or crepe or chiffon. With all this fluffiness there is a little touch of the austere in the bodice usually.

In the picture given here a street suit of swell shepherd's plaid is shown. Plaits at the sides of both front and back produce slightly flaring panels, the skirt being made up of four of these.

The jacket opens in a "V" at the front, with revers terminating at the bust line and an inlay of velvet which is carried to the high turnover collar.

A strap at each side of the back is finished with a simulated buttonhole and set, with a lone button, to the narrow, shaped belt which defines the slightly high waist line. The cuffs are odd, with the sleeve turned back from a band of velvet and fastened down with a button. The front of the jacket is almost straight, and cut with a dip.

The Motor Bonnet of Silk



THE motor bonnet of silk continues to stand at the head of the list as the most practical of designs designed for the headwear of autoists. From the standpoint of comfort, service, low cost, becomingness, and the ease with which it can be made, the silk motor bonnet has no rival possessing all of its advantages.

There are, however, many bonnets that combine the soft millinery braids, like those of hemp or silk fiber, with silk in their construction, that are just as durable and becoming. By means of the braid the element of novelty in design enters into their composition, but they are less simple to make than the silk bonnets. The latter will not tax the ingenuity of the home milliner at all.

Taffeta silk is the most satisfactory weave to use. Its body gives the bonnet a chance to remain shapely; it sheds the dust easily and it is made in most appropriate and pleasing colors. Patterns by which to cut the body of bonnets are furnished by any of the standard pattern companies. Usually only about a yard of taffeta and a small strip of crinoline are needed, except when plaitings of the silk are used for trimming. An extra allowance must be made for this. Machine stitching, with silk thread, helps out in the finish and decoration of the all-silk bonnets.

The veil of washable chiffon holds its own with the silk bonnet as the best friend of the motorist. Chiffon veils are so essential that they form a part of the design in most bonnets and are always reckoned with, either as a part of the decoration or an accessory.

Several special kinds of hats appear among the spring showings of motor headwear, among them exquisite crocheted hats of silk fiber braid, and patent leather hats. The last are wholly rainproof. But the crocheted hats, and silk bonnets like those pictured here, are not much damaged by rain. When the silk bonnet has served its day it can be replaced for so little money and is altogether so attractive that it is likely to remain a favorite.

JULIA BOTTOMLEY.

Velvets for Little Girls.

Girls from twelve to sixteen are following the example of their elders for afternoon in the wearing of velvet frocks. These usually have over-blouses or long-waisted effects, with the top skirt of velvet and the short underskirt of satin or plaited chiffon. A collar of real lace and a satin belt or sash completes a very smart little costume which can be worn without a coat as warmer weather approaches.

Rice in Pincushion.

Rice makes an excellent filling for a pincushion. Take a yard of five-inch dresden ribbon, double and sew into a bag, stitching a quarter of an inch back from the edge along the sides, to leave for a finish. Fill it snugly with rice grains and you will find it keeps its place; even heavy hatpins do not turn it over.

Solled White Inexcusable.

Clean white will cover a multitude of faults in style and material, but solled white on a woman is quite as inexcusable as on a man.

Its Only Meaning. Uncle Roger had been poorly for some time, and had tried with alacrity every sort of patent medicine he could secure.

An old acquaintance hailed him with:

"Hello, uncle. How are you all nowadays?"

"How is it? Why, bawss, fo' mosly six munts a meal's vittles ain' mean nuffin' 't me, 'scusin' somepin tuh take medicine atter!"—Judge.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson*.

In Use For Over 30 Years. Children Cry for Fletcher's Castoria

The Lush in Luscious. "Why do they call the oyster a luscious bivalve?"

"Is not not customary to refer to intoxicating beverages as lush?" asked the learned but unsophisticated citizen.

"Yes." "Then 'luscious bivalve,' no doubt, refers to the oyster cocktail."

Flashes of Humor. "Why are you wearing glasses, Blinks?"

"I was nearly blinded by my dazzling wit, Jinks."

'Nother Testimonial.

Gyer—My brother has been greatly benefited by patent medicines.

Myer—So? What kind did he take?

Gyer—Oh, he didn't take any. He's a druggist.

COLDS

and Catarrhal Troubles Cured by Pe-ru-na. A cold is acute catarrh. Pe-ru-na is a recognized standard remedy for catarrh. Copy "ills of Life" Free. The Pe-ru-na Co., Columbus, O.

ABSORBINE

Will reduce. Inflamed, Strained, Swollen Tendons, Ligaments, Muscles or Bruises. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no hair gone. Horse can be used. \$2 a bottle delivered. Describe your case for special instructions and Book 7 K Free. ABSORBINE, JR., the antiseptic ointment for man and horse. Reduces Strained, Torn Ligaments, Enlarged Glands, Veins or Muscles, Heals Cuts, Sores, Ulcers, Allays Pain. Price \$1 of a bottle at dealers delivered. Book "Horses" free. W. F. YOUNG, P. O. F., 310 Temple Street, Springfield, Mass.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try CARTER'S LITTLE LIVER PILLS.

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Head, Acids and Indigestion, as millions know.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. Wood

A Message To Women

Those of Middle Age Especially.

When you have found no remedy for the horrors that oppress you during change of life, when through the long hours of the day it seems as though your back would break, when your head aches constantly, you are nervous, depressed and suffer from those dreadful bearing down pains, don't forget that Lydia E. Pinkham's Vegetable Compound is the safest and surest remedy, and has carried hundreds of women safely through this critical period.

Read what these three women say:

From Mrs. Hornung, Buffalo, N. Y.

BUFFALO, N. Y.—"I am writing to let you know how much your medicine has done for me. I failed terribly during the last winter and summer and every one remarked about my appearance. I suffered from a female trouble and always had pains in my back, no appetite and at times was very weak."

"I was visiting at a friend's house one day and she thought I needed Lydia E. Pinkham's Vegetable Compound. I took it and have gained eight pounds, have a good appetite and am feeling better every day. Everybody is asking me what I am doing and I recommend Lydia E. Pinkham's Vegetable Compound. You may publish this letter if you wish and I hope others who have the same complaint will see it and get health from your medicine as I did."—Mrs. A. HORNUNG, 91 Stanton St., Buffalo, N. Y.

Made Me Well and Strong.

MACEDON, N. Y.—"I was all run down and very thin in flesh, nervous, no appetite, could not sleep and was weak, and felt badly all the time. The doctors said I had poor blood and what I had was turning to water. I took different medicines which did not help me, but Lydia E. Pinkham's Vegetable Compound made me well and strong, and I am recommending it to my friends."—Mrs. FRED CHACE, R. No. 2, Macedon, N. Y.

The Change of Life.

BELTSVILLE, Md.—"By the use of Lydia E. Pinkham's Vegetable Compound I have successfully passed through a most trying time, the Change of Life. I suffered with a weakness, and had to stay in bed three days at a time. Lydia E. Pinkham's Vegetable Compound restored me to perfect health, and I am praising it for the benefit of other women who suffer as I did."—Mrs. W. S. DUVALL, Route No. 1, Beltsville, Md.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.

Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



Catarrhal Fever

3 to 6 doses often cure. One 10-cent bottle SPOHN'S guaranteed to cure a case. Safe for any mare, horse or foal. Dozen bottles \$5. Get it of druggists, harness dealers or direct from manufacturer, express paid.

SPOHN'S is the best preventive of all forms of distemper.

SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U.S.A.



WAITING FOR YOU

Yes, waiting for every farmer or farmer's son — any industrious American who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is higher but her farm land just as cheap and in the provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads are Actually Free to Settlers and Other Land at From \$15 to \$20 per Acre

The people of European countries as well as the American continent must be fed — thus an even greater demand for Canadian Wheat will keep up the price. Any farmer who can buy land at \$15.00 to \$30.00 per acre — get a dollar for wheat and raise 20 to 45 bushels to the acre is bound to make money — that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent.

Military service is not compulsory in Canada but there is an unusual demand for farm labor to replace the many young men who have volunteered for service in the war. Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada; or to

W. V. Bennett, 220 17th St., Room 4, Bee Building, Omaha, Nebr.

Canadian Government Agent.