

HOW TO HEAL ITCHING, BURNING SKIN DISEASES

A Baltimore doctor suggests this simple, but reliable and inexpensive, home treatment for people suffering with eczema, ringworm, rashes and similar itching, burning skin troubles.

At any reliable druggist's get a jar of Resinol Ointment and a cake of Resinol Soap. These are not at all expensive. With the Resinol Soap and warm water baths the affected parts thoroughly, until they are free from crusts and the skin is softened. Dry very gently, spread on a thin layer of the Resinol Ointment, and cover with a light bandage—if necessary to protect the clothing. This should be done twice a day. Usually the distressing itching and burning stop with the first treatment, and the skin soon becomes clear and healthy again.—Advt.

Only the break of day prevents the night from going too far.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Advt.

Complications sometimes represent that part of an illness that the doctors fail to understand.

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 *Wm. C. Hart*. Use for Over 30 Years. Children Cry for Fletcher's Castoria

Uncanny.
 Novelist—How are my novels going?
 Bookseller—I can't imagine, sir, unless it's shoplifters.—Puck.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription "Ethine-doubie" strength—guaranteed to remove these homely spots. Simply get an ounce of "Ethine-doubie" strength—your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is so good that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ethine, as this is sold under guarantee of money back if it fails to remove freckles.—Advt.

Vengeance First.

A young convict came singing around the corner of the big, sunny yard, and Judge Briles had just made himself comfortable in an easy chair on the big house porch.

"Good morning," said he to the man.

"Good mornin'!"

"What are you here for?"

"Beatin' up a policeman."

"That is a serious offense. Now, aren't you glad you have thought better of it and intend to turn about?"

"Yes, sah."

"And when you get out you will reform?"

"Yes, sah, I'll done beat up dat peleceman what sent me up to' beatin' him up—after dat, I see gwine to be a diffunt nigga, jedg."—Pittsburgh Chronicle Telegraph.

At the Museum.

"Is that the artist's name in big letters on the picture, pop?"

"No, my son. That is the name of the rich man who presented the picture to the museum. You will find the artist's name in very small letters down in the lower right-hand corner."

Something Lost.

"Do you find that prohibition has improved the town?"

"In many ways. But it isn't as interesting and intellectual as it was when the temperance lecturers held regular meetings."—Washington Star.

An old bachelor says the writes of women are mostly postscripts.

GLASS OF WATER Upset Her.

People who don't know about food should never be allowed to feed persons with weak stomachs.

Sometime ago a young woman who lives in Me. had an attack of scarlet fever, and when convalescing was permitted to eat anything she wanted. Indiscriminate feeding soon put her back in bed with severe stomach and kidney trouble.

"There I stayed," she says, "three months, with my stomach in such condition that I could take only a few teaspoonsful of milk or beef juice at a time. Finally Grape-Nuts was brought to my attention and I asked my doctor if I might eat it. He said, 'yes,' and I commenced at once.

"The food did me good from the start and I was soon out of bed and recovered from the stomach trouble. I have gained ten pounds and am able to do all household duties, some days sitting down only long enough to eat my meals. I can eat anything that one ought to eat, but I still continue to eat Grape-Nuts at breakfast and supper and like it better every day.

"Considering that I could stand only a short time, and that a glass of water seemed 'so heavy,' I am fully satisfied that Grape-Nuts has been everything to me and that my return to health is due to it.

"I have told several friends having nervous or stomach trouble what Grape-Nuts did for me and in every case they speak highly of the food."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Common American Birds

Interesting information about them supplied by the Bureau of Biological Survey of the United States Department of Agriculture

Russet-Backed Thrush
 (Hyalocichla ustulata)
 Length, seven and one-fourth inches. Among thrushes having the top of head and tail nearly the same color as the back, this one is distinguished by its tawny eye-ring and cheeks. The Pacific coast subspecies is russet brown above, while the other subspecies is the olive-backed thrush. The remarks below apply to the species as a whole.

Range: Breeds in the forested parts of Alaska and Canada and south to California, Colorado, Michigan, New York, West Virginia (mountains), and Maine; winters from Mexico to South America.

Habits and economic status: This is one of a small group of thrushes the members of which are by many ranked first among American songbirds. The several members resemble one another in size, plumage, and habits. While this thrush is very fond of fruit, its partiality for the neighborhood streams keeps it from frequenting orchards far from water. It is most troublesome during the cherry season, when the young are in the nest. From this it might be inferred that the young are fed on fruit, but



such is not the case. The adults eat fruit, but the nestlings, as usual, are fed mostly upon insects. Beetles constitute the largest item of animal food, and ants come next. Many caterpillars also are eaten. The great bulk of vegetable food consists of fruit, of which two-fifths is of cultivated varieties. Where these birds live in or near gardens or orchards, they may do considerable damage, but they are too valuable as insect destroyers to be killed if the fruit can be protected in any other way.

Catbird
 (Dumetella carolinensis)
 Length, about nine inches. The slaty gray plumage and black cap and tail are distinctive.

Range: Breeds throughout the United States west to New Mexico, Utah, Oregon, and Washington, and in southern Canada; winters from the gulf states to Panama.

Habits and economic status: In many localities the catbird is one of the commonest birds. Tangled growths are its favorite nesting places and retreats, but berry patches and ornamental shrubbery are not disdained. Hence the bird is a familiar dooryard visitor. The bird has a fine song, unfortunately marred by occasional cat calls. With habits similar to those of the mockingbird and a song almost as varied, the catbird has never secured a similar place in pop-

ular favor. Half of its food consists of fruit, and the cultivated crops most often injured are cherries, strawberries, raspberries, and blackberries. Beetles, ants, crickets, and grasshoppers are the most important element of its animal food. The bird is known to attack a few pests, as cutworms, leaf beetles, clover-root curculio, and the periodical cicada, but the good it does in this way probably does not pay for the fruit it steals. The extent to which it should be protected may perhaps be left to the individual cultivator; that is, it should be made lawful to destroy catbirds that are doing manifest damage to crops.



Loggerhead Shrike
 (Lanius ludovicianus)
 Length, about nine inches. A gray, black, and white bird, distinguished from the somewhat similarly colored mockingbird by the black stripe on side of head.

Range: Breeds throughout the United States, Mexico, and southern Canada; winters in the southern half of the United States and in Mexico.

California Jay
 (Aphelocoma californica)
 Length 12 inches. Distinguished from other jays within its range by its decidedly whitish underparts and brown patch on the back.

Range: Resident in California, north to southern Washington, and south to southern Lower California.

Habits and economic status: This jay has the same general traits of character as the eastern blue jay. He is the same noisy, rollicking fellow and occupies a corresponding position in bird society. Robbing the nests of smaller birds is a favorite pastime, and he is a persistent spy upon domestic fowls and well knows the meaning of the cackle of a hen. Not only does he steal eggs but he kills young chicks. The insect food of this jay constitutes about one-tenth of its annual sustenance. The inclusion of grasshoppers and caterpillars makes this part of

the bird's food in its favor. But the remainder of its animal diet includes altogether too large a proportion of beneficial birds and their eggs, and in this respect it appears to be worse than its eastern relative, the blue jay. While its vegetable food is composed largely of mast, at times its liking for cultivated fruit and grain makes it a most unwelcome visitor to the orchard and farm. In conclusion it may be said that over much of its range this jay is too abundant for the best interests of agriculture and horticulture.

As She Remembered It.
 Miss Blanche Johnson, Sunday school teacher of a primary class at Hope Chapel, Nineteenth street and Washington avenue N. Minneapolis, is wondering whether her efforts toward uplifting humanity are worth while.

In a recent lesson she told the children how Moses had led the Israelites to the land of Canaan, guided through the wilderness at night by a pillar of fire.

The next Sunday she asked the children what the previous lesson was about. An intelligent appearing little girl raised her hand and answered: "The Israelites were led into the land of Canaan by a caterpillar."—Washington Post.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course of the Moody Bible Institute, Chicago.)
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LESSON FOR MAY 14

"LO, WE TURN TO THE GENTILES."

LESSON TEXT.—Acts 13:45-48.
 GOLDEN TEXT.—I have set thee for a light of the Gentiles, that thou shouldst be for salvation unto the uttermost part of the earth.—Acts 13:47.

In the unfolding and ever-widening of the program of power we are again confronted with a crucial event. It is suggestive that at this time Paul, whose name has just been changed from Saul, now assumes his place of leadership, succeeding Barnabas. Pergo, the capital of Pamphylia, was on the southern coast of Asia Minor, and Antioch, the capital of Pisidia (southern Galatia) was 90 miles north. Paul is now in full control and no other man save our Lord has so deeply impressed human history.

I. Paul's Opening (vv. 13-15). We are not told why John Mark returned to Jerusalem. He may have objected to the changed leadership; there may have been sickness involved; as a Jew he may have objected to Paul's actions. His subsequent missionary zeal restored him to Paul's favor (II Tim. 4:11). Departing from Perga (v. 14), perhaps on account of an attack of fever (Gal. 4:13, 14), the party ascended to the higher altitude of the important city of Antioch, the site of which is now marked by extensive and impressive ruins. After finding lodgings they repaired to the synagogue on the Sabbath day. Here they could meet the people and would be given opportunity to speak of Jesus. Paul put himself in the way of opportunity and opportunity to be beckoned to him. They did not demand this privilege because they were Christian workers. Their participation in the service and other actions commended them to the respect of the leaders of the synagogue, which was the great democratic forum of the Jewish nation.

II. Paul's Sermon (vv. 16-41). Paul began his remarks even as Peter did at Pentecost, by quoting the Old Testament and referring to Jewish history, using the same to lead up to his testimony about Jesus. (Matt. 5:17.) "It is ours to show wherein Christ fulfilled the law, the obligation resting upon us by reason of his covenant of grace, and the blessings which issue therefrom." This is one of Paul's three recorded missionary sermons (see also Acts 14:15-18; 17:22-31). The last two were to Gentiles only. This is a scriptural discourse. (1) Messiah's people and ancestry (17-23); (2) Messiah's forerunner (24, 25); Messiah rejected (26-29); (3) Messiah risen from the dead (30-37); (4) Jesus the Justifier (38-39); (5) the application, a word of warning (40, 41). There must have been some evidence of restlessness in his audience, hence his sharp warning (41).

III. Paul's Decision (vv. 42-47). After the separation of Jews from Greek proselytes the latter besought Paul to continue his testimony literally "the Sabbath between," perhaps at the midweek meetings. Questions and discussions were the order in the breaking up of the synagogue service, and as Paul and his company departed they were accompanied by some who had believed (v. 43). Knowing the testing which would follow, Paul and Barnabas did personal work with these, exhorting to steadfastness (John 8:31, 32; Col. 1:23) in the grace of God (v. 38, 39; Rom. 3:24; Eph. 2:8). It is only in grace that any are able to "continue" (Rom. 5:2; Gal. 5:1, 4). It is personal work which gathers a crowd and such was the method of Paul and Barnabas during the intervening week. So well was the work done and so great was the power of their testimony that "almost the whole city" gathered the next Sabbath to "hear the Word of God." Such evident interest in this new teaching aroused the jealousy of the Jews. Years of Jewish proselyting had never secured such a result as this one address of a doubtful stranger produced. But back of this jealousy was the greater sin of unbelief. To hear the Word of God (II Tim. 4:2; I Thess. 2:13) does not necessarily produce obedience and faith (Luke 8:5-7); not always the greatest number of hearers will produce the greatest number of conversions. To interrupt a speaker is not unknown in synagogues today. The opponents "contradicted and blasphemed," doubtless contending that all who hang on a tree are accursed (Gal. 3:13) and they produced a wild tempest of voices and confusion. Only to attack and to destroy the work of Paul and Barnabas could save these Jewish leaders. Human nature is the same everywhere.

Paul and Barnabas thrived upon opposition. We believe they foresaw this development and were prepared for the emergency (v. 46). Because of long training the Jews were best fitted to receive the Gospel. It was no accident that the first apostles were Jews, but it is serious business to reject the Christ, and the history of the Jewish nation since rejecting Jesus has been written in blood and tears. Paul's "Lo we turn" (v. 46) marked the Rubicon of spiritual history. Christianity is to become world wide, not by means of the Jews, but in spite of them.

ABLE TO FOLLOW ANY TRAIL

Australian Aboriginals Are Conceded to Be the Finest Trackers Known to the World.

The Australian aboriginals are the finest trackers in the world. On many occasions they perform feats which are almost beyond belief. But to them the work is quite habitual. The boys are taught to track from birth.

The women are just as expert as the men. Horse tracks are child's play to them; they can track a horse at full gallop. They can track anything—possums, snakes, iguanas; even beetles leave sufficient trail for them to work on.

The standard of honor among these tribes is high. When one of them breaks their strict code, fearing the wrath of the tribe, he bolts, and, knowing he will be pursued, uses all his knowledge in an effort to elude those in search of him; but it is questionable if there is a single case on record where he escaped.

What might be called classes in tracking are held for the youngsters. The tutor will get them in a body, and then disappear into the bush and do everything he can do to make them lose his tracks. He will tiptoe along fallen logs, swim a quarter of a mile along a stream, double on his tracks, and so on.

Finally he returns to the boys, who then set out to pick up the tracks.

The American Way.
 The Stranger—Why are you driving the car so fast?
 The American—To get to the ferry. (Later at ferry.)
 The American—We have 20 minutes to spare.

The Stranger—I know it. In this country you will race the car, burn up gasoline, imperil lives, run the chance of being arrested and kill a chicken to gain 20 minutes for which you have no use when you get them.

Upward.
 "You should think of higher things."
 "I do. I am entirely unable to keep my mind off the price of meat and gasoline."

The Main Entrance.
 Knicker—What is the entrance to Mexico?
 Becker—A revolving door.

FITS, EPILEPSY, FALLING SICKNESS stopped quickly. Fifty years of unbroken success of Dr. King's Epilepsy Medicine. Large bottle \$2.00. Small bottle \$1.00. Address: KING'S MEDICINE COMPANY, Red Bank, N. J.—Advt.

A political vindication often means that the voters are fooled once more.

The sight of a dental sign will often ease an aching molar.

MANY CASES OF STOMACH AND BOWEL DISORDERS

are traceable to delay

Moral ———

TRY HOSTETTER'S Stomach Bitters

AT THE FIRST SIGN OF TROUBLE

ABSORBINE
 TRADE MARK REG. U.S. PAT. OFF.

Reduces Strained, Puffy Ankles, Lymphangitis, Puff Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Blisters, Itch. It is a SAFE ANTISEPTIC AND GERMICIDE.

Does not blister or remove the hair and does not work. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free.

ABSORBINE, I.R., antiseptic solution for wounds, reduces strains, pains, knots, swellings, cuts, bruises—only a few drops required at an application. Price \$1 per bottle at druggists or delivered. Address: W. F. YOUNG, P. O. Box, 207 Temple St., Springfield, Mass.

No Changes There.
 Bacon—Astronomers in 18 observatories in almost as many nations are compiling a map of the heavens that is expected to catalogue from 30,000,000 to 40,000,000 stars.

Egbert—Evidently don't believe the war is going to change the map of the heavens.

USE ALLEN'S FOOT-EASE
 The antiseptic powder to be shaken into shoes and used in foot-bath. It relieves painful, swollen, smarting, aching, tired feet and instantly takes the sting out of corns and bunions. The greatest comfort discovery of the age. Sold every where. 25c Trial package FREE. Address: Allen & Olinated, Le Roy, N. Y., Advt.

Severe.
 "Stealing a kiss is no crime."
 "No? Then why does a man get a life sentence if he is caught at it?"

When a woman loses all interest in the fashions it is up to the undertaker to get busy.

If you Suffer from Backache, Lumbago, Kidneys or Rheumatism, Take Hot Water and "ANURIC"

American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead, when your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night, when you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your druggist—"ANURIC." Because of uric acid in "overabundance" in the system, backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatic result. It was Dr. Pierce who discovered a new agent, called "Anuric," which will throw out and eradicate this uric acid from the system. Dr. Pierce believes "Anuric" to be 37 times more potent than *bithia*, and consequently you need no longer fear muscular or articular rheumatism (gout), or many other diseases which are dependent on an accumulation of uric acid within the body. Send Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., 10c for trial package or \$1.00 for full treatment "Anuric."

Dr. Pierce's reputation is back of this medicine and you know that his "Pleasant Pellets" for the liver and his "Favorite Prescription" for the illis of women have had a splendid reputation for the past 50 years. Advt.

No Objection.
 "This war is making everything more expensive," complained father.
 "I see by the paper that even castor oil is going up."
 "That's nothing in my young life," said little Johnny. "The only time it worries me is when it's going down."

A Fizzle.
 She (as she orders a phosphate)—I'm drinking nothing but charged drinks now.
 He (dismally)—Same here!—Sun Dial.

A glass of liquor is the top's spiritual comfort.

There's many an untied knot in a cord of wood.

THIS ELECTRIC BELT FREE.
 No Need to Suffer from Nerve Pains and Headaches. CURE YOURSELF WITH OUR DRUGS. We desire to place one of our Belts in each locality. We depend on you for the work. Special agent to secure this Patent and Cash use Electric Belt Free. Write, Electric Medical Belt Co., Canton, Ohio.

DAISY FLY KILLER
 placed anywhere, it attracts and kills all flies. Not clean, conventional, convenient, cheap. LASTS 21 MONTHS. Made of natural, safe material; will not soil or injure anything. Guaranteed to kill flies. All dealers ordered express paid for \$1.00.

PATENTS Watson E. Coleman Patent Lawyer, Washington D. C. Advice and books free. Cases reasonable. Highest references. Reimbursement.

Bumper Grain Crops

Good Markets—High Prices

Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses

The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle feed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greatest exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climates and other great attractions. There is no war tax on land and no conscription.

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or

W. V. BENNETT, Room 4, Bee Bldg., Omaha, Neb.
 Canadian Government Agent