



ON GUARD

At this time of the year people feel weak, tired, listless, their blood is thin, they have lived indoors and perhaps expended all their mental and bodily energy and they want to know how to renew their energy and stamina, overcome headaches and backaches, have clear eyes, a smooth, ruddy skin, and feel the exhilaration of real good health tingling thru their body.

Caviar to the General. Although some packers of caviar in New York report that spoonbill caviar is being marketed here in bulk as low as 75 cents a pound, the market generally remains at \$1.25 for prime quality, and a few sales are reported at \$1.

Catarrah Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrah is a local disease, greatly induced by constitutional conditions.

Not Worth the Price. "Will you lend me twenty-five dollars?" "No. I don't care to get rid of your friendship that badly."

Multipled Blas. "Jupiter has eight moons." "Gee whiz! Fancy escorting a girl under eight of 'em!"

Always use Red Cross Ball Blue. Delights the laundress. At all good grocers. Adv.

Some people look at home as a sort of coal station.

Advertisement for Cascara Quinine, featuring a bottle illustration and text: "Kill That Cold and Save Health. HILLS CASCARA QUININE."

Advertisement for Gould Storage Battery, featuring a battery illustration and text: "GOULD STORAGE BATTERY. The battery with the dreadnaught plates. One for your car. Sold and installed by quality dealers."

Advertisement for Used Cars, featuring a car illustration and text: "USED CARS OF ALL MAKES BOUGHT, SOLD AND EXCHANGED. We pay cash for used cars of all makes."

Advertisement for Dr. David Roberts' Vet. Co., featuring a portrait of a man and text: "TREATS IN HORSES CAN BE BELIEVED. Don't work your horses while they are suffering with Heaves."

Advertisement for The Paxton Hotel, featuring text: "THE PAXTON HOTEL. Omaha, Nebraska. EUROPEAN PLAN. Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE."

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. BELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.) (Copyright, 1918, Western Newspaper Union.)

LESSON FOR MARCH 17 JESUS SENDING FORTH THE TWELVE.

(May be used with missionary application.) LESSON TEXT—Mark 6:1-13. GOLDEN TEXT—Freely ye have received, freely give.—Matt. 10:8. ADDITIONAL MATERIAL FOR TEACHERS—Romans 10:12-15; Isa. 40:3-5; Matt. 23:16-20; Acts 1:8-10; 2:1-4; 16:9-10.

The time of this lesson was autumn, A. D. 28; the location Galilee. I. Marvelous Unbelief. (vv. 1:1-6a). Jesus is rejected the second time at Nazareth. He entered into the synagogue on the Sabbath, as was his custom, and the people were astonished at his doctrine.

II. The Mission of the Twelve. (vv. 6a-10). From the parallel account we find why Jesus sent forth these disciples (Matt. 9:36)—because the people were scattered as sheep without a shepherd. In the tenth chapter of Matthew we find the names of those whom he sent out (vv. 2-5), the fifth verse of which designates that only Jews were included in this mission.

III. Malignant Hate. (vv. 14-29). Mark gives us the most complete account of the death of John the Baptist. It is not a lesson that we need to emphasize to the scholars of the younger grades, but it has a deep significance to those of the more advanced departments of the Sunday school; and if we are going to get the scope of the whole Epistle of Mark, it must be considered. Herod thought he had triumphed, but he was defeated. Thus it is with the sinner always—he over-shoots the mark.

IV. Punishment is to be measured by the amount of light one sins against, the heaviest punishment must rest upon those in America and England who know the gospel but reject it. It is evident that the disciples received great power (vv. 12, 13) as suggested by their return (v. 30). They acted wisely in telling Jesus "all things," both what they had done and taught. Although sent forth, they were not to spend time in visiting and entertaining, nor in seeking the hospitality of the rich. They were to be wholly dependent upon God, taking nothing with them in their journeyings, but staff and sandals, betokening their pilgrim character.

There are more temptations to break the commandments than there are encouragements to keep them. Resolve to help break the temptations and to help make the encouragements. In material things it's not what we want but what we get that counts. In spiritual, it's not what we claim but what we've got. Faith is the practical exercise of the spiritual eyes. Spirit is the only true substance. The spiritual body is the real man.—Henry Wood.

NERVY GIRL MAKES FORTUNE IN YEAR

Cigar Stand Clerk Takes Homestead and War Prices Bring Her Riches.

Virgelle, Mont.—Father Time has elcked off just one little year since Miss Bada Berggren of Duluth, Minn., stepped from behind the cigar counter of a hotel in that city. This year, however, has been time enough for the girl to gather a neat little fortune and gain independence for the rest of her life.

One year ago Miss Berggren was working for \$15 a week. Now she owns 493 acres of fine land near here, has a comfortable home, and wouldn't be cooped up behind a cigar stand for "all the money on earth." The best part of the whole thing is that she



Now Owns 493 Acres of Fine Land.

"didn't have to marry a rich bachelor, or fall heir to the fortune of a relative.

Miss Berggren heard a salesman telling of the opportunities in homesteads in the West. Immediately she wrote to friends in Montana, asking them how to take a claim. They told her, and she filed on 100 acres, which cost her \$24. Later she took 100 acres more, then bought 13 acres and finally took another 100-acre tract. This made a total of 493 acres in her possession, and now it can be sold for \$50 an acre.

War prices of farm products came to the aid of Miss Berggren. She put up her shack and made the necessary improvements around the homestead. She did most of the plowing and planting herself, although neighbors helped her some. Then her crop began to ripen, and she soon was in a position to travel back to Duluth as a wealthy land owner.

The trip back to Duluth, however, was for only a short vacation. Miss Berggren hurried again to her homestead in Montana and expects to stay "out where there's room to breathe."

BRUIN HUGS MAN, THEN TOSSES HIM DOWN WELL

Seattle, Wash.—A monster bear is reported to be playing havoc in northern Saskatchewan. Recently a woodsman spied the bruin and began to pepper it with his .22-caliber rifle. Undaunted, the bear made for the man, who dropped his gun and dashed to his cabin. He led the animal for several laps around the cabin, but bruin suddenly stopped and waited. The woodsman ran into the bear, sustained several broken ribs in its powerful clutch, and was tossed into a nearby well. Later the woodsman pulled himself to the surface in the bucket.

LIMBERGER CAUSES A RIOT

Guest at Party Threw Cheese Out of Window and Two Were Stabbed as Result.

St. Louis.—At a pound party given in honor of Mrs. Mabel Williams of St. Louis a guest brought a pound of limburger cheese. Levy Williams, self-appointed master of ceremonies, threw the cheese out, and was rebuked by the hostess.

In the argument and fight that followed, Simmons stabbed Mrs. Williams and her brother, Adolph Woodrow, with an ice pick. A riot call was turned in and 12 arrests were made. Simmons escaped.

GIRL KILLS HOLD-UP MAN

Then Minneapolis Woman Faints and Physician is Called to Attend Her.

Minneapolis.—Miss Mabel Drummer, a clerk in the office of the P. McCoy Fuel company's office, shot and killed E. F. Orr, a railroad switchman, when he attempted to rob the office. Miss Drummer collapsed when told she had killed the man and had to be attended by a physician.

HONOR CREDITED TO GERMAN

John Peter Zenger First to Uphold the Liberty of the Press in the United States.

Fate plays curious tricks with men and things. The man who is given credit for first upholding the liberty of the press in America was a German, says the Rocky Mountain News. It was just 184 years ago that this man, John Peter Zenger, was brought to trial for a newspaper libel which resulted from newspaper criticisms passed on British public officials.

Zenger founded the New York Weekly Journal, the second newspaper in New York. The paper was published in the English language, and it made use of very plain language. Zenger was arrested on a charge of libel and thrown into prison. For some time he edited his paper from behind the bars, but was at length released and continued to publish the paper until his death in 1746.

The prosecution of Zenger for libel was the first case of the kind on this side of the Atlantic, and aroused great public excitement. When Zenger received acquittal it was considered a great victory for the principles of free speech and a free press.

Almost Saw Him. The other day two youngsters were walking along the street together.

The father of one of the boys was a policeman, and his companion, who knew this, said to him: "What is your father's number?" "No. 25," replied the boy. The questioner then said: "I nearly saw him last night." "How was that?" asked the policeman's son. "I saw No. 24!"—Pearson's Magazine.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

What a Doughnut is. The ministry of food has informed the Twickenham food control committee that a doughnut is not a bun. Local unrest has been almost completely allayed by the prompt and fearless decision.—London Punch.

Girls! Use Lemons! Make a Bleaching, Beautifying Cream

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothener and beautifier. Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is simply marvelous to smoothen rough, red hands. Adv.

Shop Talk. "Kate is a bundle of nerves." "I thought she looked done up."—Boston Transcript.

Certain-teed Roofing

From every standpoint of service and cost—Certain-teed has proved its claim—"The best type of roof for most buildings, and the best quality roofing of its type."

Certain-teed has made good all over the world under all conditions—as proved by its enormous sale. It has become the standard roof for buildings of all types and sizes—

for factories, round houses, elevators, garages, warehouses, hotels, farm buildings, stores, out-buildings, etc.

Its economy is three-fold—first cost moderate, laying cost low, up-keep practically nothing. Its efficiency embraces every important roofing quality—weather proof, spark proof, clean and sanitary, and very durable. Certain-teed is not affected by acids, fumes or smoke, and does not melt under the hottest sun.

Advertisement for Certain-teed Roofing, featuring an illustration of a man painting a roof and text: "Certain-teed Products Corporation. Manufacturers of Certain-teed Paints—Varnishes—Roofing. Offices and Warehouses in Principal Cities of America."

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR

Advertisement for Anxious Bantam and Robert's Position, featuring text: "Anxious Bantam. The bantams were taking over a line of trenches from one of the guards' battalions during a very long spell of wet weather. As the guards were coming out one of the bantams asked a big guardsman: 'How are the trenches—comfortable?' 'Yes,' replied the six-footer. 'Very cushy, but full of water.' 'How deep?' inquired the four-footer, anxiously. 'Oh, about up to here!' said the guardsman, pointing to some clay on the breast of his tunic. The bantam put his hand up to his head and exclaimed, wearily: 'Then, heaven help my cap badge!'—London Tit-Bits.

Large advertisement for Royal Baking Powder Co., featuring text: "1,716,000,000 Pounds of Flour Saved if each of our 22,000,000 families use this recipe instead of white bread. One loaf saves 11,000,000 pounds; three loaves a week for a year means 1,716,000,000 pounds saved! Enough to Feed the Entire Allied Army. Corn Bread with Rye Flour. 1 cup corn meal, 1 cup rye flour, 2 tablespoons sugar, 5 teaspoons Royal Baking Powder, 1 teaspoon salt, 1 cup milk, 1 egg, 2 tablespoons shortening. Barley flour or oat flour may be used instead of rye flour with equally good results. Sift dry ingredients into bowl; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes. Our new Red, White and Blue booklet, 'Best War Time Recipes,' containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York. FOOD WILL WIN THE WAR"