OLD PRESCRIPTION

Have you ever stopped to reason why it is that so many products that are ex-tensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfil the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says, "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy that I know of has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmers Swamp-Root is due to the fact that so many people cialm, it fulfills alpost every wish in overcoming kidney, liver and bladder ailments, corrects urinary troubles and neutralizes the uric

acid which causes rheumatism. You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Many a man who inquires after your health doesn't care a rap whether it is good, bad or indifferent.

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful sometimes what Cuticura will do for poor complexions, dandruff, itching and red rough hands.-Adv.

You can afford to believe that the office seeks the man if don't want the

The use of soft coal will make laundry work heavier this winter. Red Cross Ball Blue will help to remove that grimy look. At all grocers, 5c.

A jolly man always finds himself in good company.



Those of us who are past middle age are prone to eat too much meat and in consequence deposit lime-salts in the arteries, veins and joints. We often suffer from twinges of rheumatism or lumbago, sometimes from gout, swollen hands or feet. There is no longer the slightest need of this, however, as the new prescription, "Anuric," is bound to give immediate results as it is many times more potent than lithia, in ridding the impoverished blood of its poisons by way of the kidneys. It can be obtained at almost any drug store, by simply asking for "Anuric" for kidneys or backache. It will overcome such conditions as rheumatism, dropsical swellings, cold extremities, scalding and burning urine and sleeplessness due to constant arising from bed at night.

Send to Dr. Pierce's Invalids' Hotel,

Buffalo, N. Y., for a 10c. trial package. MADERA, CAL. - "I recommend Doctor Pierce's Anuric very highly. I have suffered for the last three years with catarrh of the bladder, having tried every remedy I heard of but without relief tried every remedy I heard of but without relief. I saw Anuric advertised in the paper, and like a drowning man grabbing at a straw I thought I would try it also, which I did with great success, as it relieved me almost immediately, before I had taken all of the trial package, and having great ionfidence in the remedy I immediately sent to the drug store and bought a full-size package. I can say to all suffering from any disease of the kidneys or uric acid troubles, try this remedy and suffer no longer. I have great faith in Dr. Pierco's remedies."—S. P. HENSLEY.



Those who are weak and reduced from an attack of Influenza or Pneumonia will experience wonderful recuperative effects from



The Great General Tonic ASK YOUR DRUGGIST

Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE

Coughing te annoying and harmful. Relieve throat trritation, tickling and get rid of coughs, colds and hourseness at once by taking

PISO'S

IMPROVED UNIFORM INTERNATIONAL

FOR WEAK KIDNEYS SUNDAYSCHOOL **LESSON**

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) (Copyright, 1918, Western Newspaper Union.)

LESSON FOR JANUARY 12

MOSES THE DELIVERER OF IS-RAEL.

LESSON TEXT-Exodus 3:1-12. GOLDEN TEXT-And Moses verily was ADDITIONAL MATERIAL-Exodus 3:

While the oppression of God's people was heading up, in the providence of God a deliverer was being prepared to take up the task at the opportune hour. Moses was first trained at his mother's knee, then in Pharaoh's court and finally under God's immediate hand in the desert. The latter was an indispensable part of his training. His learning in the wisdom of the Egyptians was helpful, but without the immediate tutorship of God he would have been a failure. All who are used of God must spend some time in the retirement of his presence. Two notable examples are Paul in Arabia and John on Patmos.

I. The Lord Speaks to Moses in the

Burning Bush (vv. 1-6). It was while keeping the flock of his father-in-law in the desert that the Lord appeared to Moses. Had he remained in Pharaoh's palace he never could have had the vision of the burning bush. This bush enveloped in flames, yet unconsumed, symbolized the people of God enswathed in the very fire of God, or God dwelling in the midst of an elect people. Moses steps aside to behold this strange sight, but must be taught the essential lesson of the proper approach to God. We now can approach God with boldness through Jesus Christ (Hebrews 10:19). Our God is a consuming fire. No evil can be permitted in his presence (Joshua 7; Acts 5). The Lord did not leave him long in suspense. He told him he was the God of his fathers, the covenant God. As soon as he knew it was God who was speaking to him he hid his face. The sight of God always causes sinful men to hide (Isalah 6:5).

II. Moses Commissioned as the Deliverer of His People (3:7-10).

In the preamble of this commission God said to Moses: "I have seen the affliction of my people." This is always true (Psalms 22:24; 34:4, 6; Isaiah 63:9). "I have heard their cry." Not a cry ever goes up from a child of God unheard by him. "I have come down to deliver them out of the hand of the Egyptians." This shows that God is actively interested in the cause of his people. He graciously obligates himself: (1) To deliver them out of the hands of the Egyptians. Egypt may be considered a type of the world; the oppression, a type of sin's bondage; and Pharaoh, a type of the devil. God delivers his own from the hands of the devil (Colossians 1:13). (2) To bring them up out of the land, God does not deliver and leave his own in the enemy's land, but brings them out into a land "flowing with milk and honey." (3) To bring them into a "good land and large." There is no loss in obeying God. When he brings us out of the enemy's land he brings us into a better land.

III. Moses' Objections Patiently Heard and Removed (3:11; 4:10).

1. Personal Unworthiness (v. 11). He realized his insufficiency for this task. His forty years in the school of God have wrought a great change in him. His hesitancy is a good sign. Men who are really qualified to do a great work are not forward to begin it; e. g., Jeremiah, Martin Luther, George Washington. Moses did not refuse to go, but pled his difficulty before the Lord. God answered this difficulty by assuring him that he would be with him. When God is with a man the impossible becomes the possible.

2. The Difficulty of the People to Understand Moses' Relationship to God (3:13, 14). Moses knew how unwilling they were to acknowledge him as their deliverer forty years before Since God changes his name as he assumes a new relationship to his people. Moses inquired as to what that new relationship would be, and his corresponding name. The Lord promptly met this difficulty by showing him a name differing in many respects from all others previously given. This new name is "I Am." This name is from the Hebrew verb "to be." It indicates (1) God's self-existence; (2) his selfsufficiency; (3) his unchangeableness.

3. Unbelief on the Part of the People (4:1). This difficulty the Lord met by supplying him with credentials which could not be gainsaid. He was given the power to perform superna-

tural wonders (4:2). 4. Lack of Eloquence (4:10). This difficulty the Lord met by providing an assistant in his brother Aaron.

Our Sadness.

We ask God to forgive us for our evil thoughts and evil temper, but rarely, if ever, ask him to fergive us for our sadness. Joy is regarded as a happy accident of the Christian life, an ornament and a luxury rather than a duty.-R. W. Dale.

The Human Heart.

The human heart is so constituted that it is only filled by the richness which flows from it-not by the richness which flows into it .- Agnes Ed-

NO DISGRACE TO FEEL FEAR

One Result of War Has Been Saner Idea of What Constitutes Real Bravery.

An English observer calls attention to the fact that our world war has destroyed the fear of being afraid. Heretofore, even to most distant antiquity, the one quality insisted on in the soldier was that he should be fearless and the more callously so the better. The faintest tremor of timidity was a black mark against the most respondent knight as well as the lowliest bowman or halbardler, and the schooling for war was an utter defiance of the personal risk.

This theory held, as many will remember, even tili the period of the Boer war, when the British suffered so severely in officers because it was held cowardly for a commander to seek cover. Men, then as now, felt fear, for that is one of flesh's attributes and, indeed, is one of the most valuable of human possessions, since fear is our protection from dangers and harms innumerable. We fear wild beasts to avoid them, snakes and spiders to increase our attention. storms and tempests that we may prepare means of escape from them.

So it was only in battle that chivalry insisted that man should be without fear, or pretend to be.

With the coming of new warfare, however, all lands at once came to a more sane understanding and the old physical bravery has given place to moral resolution. The man who now enters the hell of shell fire, of hurled flames and deadly gases, no longer attempts to fool himself into the belief that he is not afraid. He knows full well and only a stupid nature could avoid the knowledge that the human is at the mercy of forces a million times beyond his own ability to counter. The old knight might really believe he was able to unhorse all the enemies that rode against him and therefore might conceivably be without fear, but how can a soldier feel that way when facing modern weapons of destruction?

Therefore, it is no longer a disgrace to feel fear or to admit it; the only disgrace is to allow fear to prevent one doing his duty. How much finer fiber is needed for this new defiance!

Need for More Consuls.

The chairman of the shipping board has called the attention of congress and the people to the need of enlarging our consular service abroad, in view of the fact that our great merchant marine will be released for use in foreign trade.

Mr. Hurley tells us, observes the Independent (New York), that the United States will have 25,000,000 tons of merchant shipping by the end of 1920, and that as fast as these ships can be freed from military work they will enter commerce. The present consulates would be entirely inadequate to handle this enlarged business. There are not enough of them, their staffs are too small and they are handicapped by inexperience with duties that will be demanded and by antiquated regulations. Even now the burden of work, especially in the way of inquiries to be answered, is overtaxing the undermanned and underpaid force. Mr. Hurley therefore pleads that immediate steps be taken to remedy the situation.

"We need more consuls and larger consular staffs," he tells us. "If we do not provide them today and prepare for the great growth in our merchant marine and trade after the war, I fear that we shall suffer a serious breakdown."

You've Heard 'Em.

"Look here," said the city editor to the cub reporter, "you should write everything as briefly as possible. Instead of saying 'the middle-aged baldheaded performer in the hired aggregation of followers of Orpheus who nightly provide the harmony at one of our leading temples of mirth, selzed his trombone firmly in his hands, placed his feverish lips to the mouthpiece and sounded thereon an unearthly tone like the wailing of a lost soul on the main street of Inferno'-now shorten that up."

So the reporter merely wrote: "The slip horn player in the orchestra blew n helva note."

A Cattle Queen.

A cattle-shipping season to the Eastern stockyards is in full blast, and Mary Vail, Los Angeles heiress, said to be the richest maiden in California, is in these large sales and shipments. figuring as a notable cattle queen. Miss Vail is the daughter of the late Walter Vail, who had over 300,000 head of steers and sheep on his famous ranches. Under the direction of Miss Vail and her mother the cattle domain left by the father and husband greatly increased in value. The ment barons are paying them \$1,000,000 for steers and sheep this fall .- San Francisco Bulletin.

Back in the Game.

"Another sign that the war is over."

"An old-fashioned stock promoter, wearing diamonds and flashy clothes, was in here the other day." "Well! Well!"

"Those chaps are crawling out of their dugouts again!"-Birmingham Age-Heraid.

A Realization.

"How's prehibition workin' in Crim-

son Gulch?" "All right," replied Three Finger Sam. "The boys are beginnin' to realize that a man's conversation is jes' as interestin' when he's sober an' a heap more reliable,"

Demand Makes Opportunity for Returning Soldiers.

Thousands Will See Glorious Possibilities in Settlement of Available Farm Land in This Country and in Canada.

The war is over, peace will soon be signed, the fighting nations have sheathed their swords, and the day of reconstruction has come.

What of it? Hundreds of thousands of men. taken from the fields of husbandry, from the ranks of labor, from the four walls of the counting house, and the confines of the workshop, taken from them to do their part, their large part, in the prevention of the spolintion of the world, and in the meantline removed from the gear of common everyday life, will be returning, only to find in many cases old positions filled, the machinery with which they were formerly attached dislocated.

Are they to become aimless wanderers, with the ultimate possibility of augmenting an army of menacing portunity to those seeking, not as speclonfers? If they do it is because their ulation but as production. The deepability to assist in laying new foundations, in building up much-required Provincial authorities to further the structures, is underestimated. Men welfare of the farmer and secure a who fought as they fought, who risked maximum return for his efforts. Large and faced dangers as they did, are not sums of money are spent in educaof the caliber likely to flinch when It comes to the restoration of what the gaged on experimental and demonenemy partially destroyed, when it stration farms, and in the agricultural comes to the reconstruction of the world, the ideals of which they had in nical knowledge and practical expeview when they took part in the great struggle whose divine purpose was to I ring about this reconstruction.

Inured to toll, thoughtless of fatigue, trained in initiative and hardened by their outdoor existence, they will return better and stronger men, boys will is shown by the number of farmers have matured and young men will have who attend the free courses. developed.

They will decide for themselves lines of action and thought, and what which lands are low in price. their future should and will be. On the field of battle they developed alertness and wisdom, and they will great burden of feeding the world. return with both shedding from every With free interchange of travel, diffi-

Action was their watchword, and it the din of the battle no longer rings tiers from the United States which in their ears, or the zero hour signals prevailed previous to the war. Durthem to the fray, and it will continue their entire existence.

avocations gone, their places filled, the institutions with which they were prison, or in his attempt to cross connected no longer existing, new walks of life and employment must be merable difficulties, most of which, opened to them. It may be that the of course, was untrue. These uncounting house, the factory, the truths were circulated for a purpose workshop will have lost their attrac- by an element, which, it was discovtion. The returned soldier will look ered, had an interest in fomenting elsewhere for employment; within his and creating trouble and distrust bereach there is always the "Forwardto-the-Land" necessity. In this lies of a multitude of those who may not be able to return to their former occupations, whose desires are not to do so. whose health prohibits them from indoor life or whose outdoor habits from the past one, two, three or four years have given them such a taste and desire for it that confinement would be unbearable. Farm life will thus appeal to them, and the indications are that it will be taken advantage of by thousands. It means much to them as well as to the continent of America that provides the opportunity to the world at large, and to the stricken and famished nations of Europe, who, not only today, but for years to come, will require the sustenance that can only largely be supplied by the United States and Canada. By following the pursuit of agriculture the returned soldier will continue the cause he so greatly advanced when fighting on the field of battle. Both countries have undeveloped areas yet open to settle-

There is little need here to direct

growing that unqualified and almost sheep and hogs has been a large source well known to the many friends and one hundred and sixty to six hundred ada, and forty acres of the richest soil may be secured on reasonable terms, and with an excellent climate, with a school system equal to any in the little else could be asked.

Canadian statesmen are today busily engaged planning for the future of the returned soldier with a view to making him independent of state help after the immediate necessary assistance has been granted, the main idea being to show in the fullest degree the country's appreciation of the services he has rendered. But now that the war is ended, and

the fact apparent that of all avocations the most profitable and independent is that of the farmer, there will be a strong desire to secure farm lands for cultivation. Canada offers the opest interest is taken by Federal and tional and experimental work. Encolleges, are men of the bighest techrience, some being professors of international reputation. The results of experiments and tests are free and available to all. Educational opportunities for farmers are the concern of the government and appreciation

Agriculture in Canada has reached high standard, notwithstanding

Thus upon the United States and Canada for many years will rest the culties of crossing and recrossing removed, Canada may look for a speedy will stand them in good stead now that resumption of the large influx of seting the war period there was a dread of something, no one seemed to know But if they return to find their old what. If the American went to Canada he might be conscripted, put in the border he would meet with innu-

attention to the wealth that has come | tween two peoples whose language to the farmers of Canada within the and aims in life should be anything past few years. It is not only in grain but of an unfriendly character. The draft law of the United States, adoptunequaled success has followed honest ed for the carrying out of the high effort, but the raising of horses, cattle, purposes had in view by the United States, kept many from going to Canof profit. These are facts that are ada during the period of the war. The citizen army of the United States acquaintances of the thousands of was quickly mobilized, and contained farmers from the United States who a large percentage of the young men have acquired wealth on the prairies from the farms. In this way many of Western Canada. Farms of from were presented from going to Can

That is all over now. There are no real or imaginary restrictions; there is no draft law to- interfere. On the contrary, there is an unworld, and desirable social conditions, fathomable depth of good feeling, and the long-existing friendship is stronger than ever. This has been brought about by the knowledge of what has been done in the recent great struggle, each vying with the other in giving credit for what was accomplished. In thought and feeling, in language, in aims in life, in work, in desire to build up a new world, there has been bred a kinship which is as indissoluble as time itself.-Advertisement.

His Place.

"What a stern face the captain has." "Well, you wouldn't have it in the bow, would you?"

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old reme for infants and children, and see that it Bears the Signature of Cart Ilithus
In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Don't think for a moment that any man is interested in your troublesunless he is a lawyer.

Influenza and kindred diseases start with a cold.

Don't trifle with it. At the first shiver or sneeze, take



Standard cold remedy for 20 years—in tables form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red tog with Mr. Hill's picture. At All Drug Stores



to-the-Land" necessity. In this lies the remedy that will not only take care SAFE, GENTLE REMEDY **CLEANSES YOUR KIDNEYS**

For centuries GOLD MEDAL Haarlem | have been a standard household Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with are perfectly harmless. The healing, sooththe urinary organs. The kidneys and bladder are the most important organs of the kidneys and through the bladder, drivbody. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stom-

your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after, your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they

ATTENTION! Sick Women To do your duty during these trying times your health should be your first consideration. These two women tell how they found health. Hellam, Pa .- "I took Lydia E. Pinkham's Vegetable Compound for female troubles and a dis-

placement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMLING, R. No. 1, Hellam, Pa.

Lowell, Mich .- "I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."-Mrs. ELISE HEIM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try

