

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—“During Change of Life, in addition to its annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms disappeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life.”

—Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, “heat flashes,” backache, headaches and “the blues” should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Truly Satisfying Lecture. A man reported to his friends that a lecture which he had delivered the evening before had proved soothing, rousing, and satisfying to his audience.

BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

Any man who feeds upon his own greatness is not apt to be bothered with the gout.

It's what a woman doesn't know about a man that causes her to have a good opinion of him.

Confined to Her Bed Days at a Time

But Doan's Brought a Quick and Lasting Cure.

Mrs. Herrman Ruschke, 177 Fourth St., Long Island City, N. Y., says: “The pains in my back were almost unbearable. I always felt tired and listless and found it almost impossible to attend to my housework. Gradually the pains increased—day by day my suffering became worse. Often flashes of light and black specks would appear before my eyes and dizzy spells would come over me. My hands and feet were swollen and my head pained me so at times I thought it would split. My kidneys annoyed me, too. I became despondent. Sometimes I would have to take to my bed for three or four days at a time. I had the good fortune to hear of Doan's Kidney Pills, so I began using them and was soon back in perfect health again. My cure has—of the test of time, so I am only too glad to recommend Doan's to other kidney sufferers.”



Mrs. Ruschke

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

SEMI-SOLID BUTTERMILK For Hogs and Poultry

Sold direct from factory to consumer. If you want to get the best results for the least money write or call on

Consolidated Products Co., LINCOLN, NEBRASKA
Harding Cream Company, OMAHA, NEB. KANSAS CITY, MO.

CHILBLAINS RELIEVED FOR 25c

Many people suffer from Chilblains without realizing it. One application of Beaton's One Night Chilblain Remedy will relieve the most stubborn case. We guarantee it and will promptly refund the money if you fail to get relief. We have occupied the most prominent Drug Corner in Omaha for twenty years, which means our guarantee is good. Sent by mail on receipt of 25c.
BEATON DRUG CO.
18th and Farnam Omaha, Nebraska

WHAT CAN WE DO?

Mr. Davison's Announcement.

As Henry P. Davison, chairman of the war council, said in announcing the organization's after-the-war policy: “Always, as heretofore, any plans adopted will assure complete co-operation with the respective governments and with any agencies with whom relations may be established.”

“What the future is to be, no one can say. But that there will be an appealing cry of humanity from all over the world, no one can doubt. The needs of France, Belgium, Italy, Russia and the Balkans will not terminate with the formal declaration of peace. A hard winter is ahead. Exposure and the hardships of war and the dislocated industrial conditions of the world have produced hunger, want and disease.”

“Politically the outlook for a new and better world is bright, but the economic conditions are ominous. There will be such distress in the world that it cannot be met by voluntary organizations. Governments themselves must bear the chief burden, and I am confident that co-operation between the governments may be relied upon in an endeavor to meet this wholesale work of relief which will be needed.”

“In addition to this, there will, however, be the necessity and opportunity for supplementary work which Red Cross organizations throughout the world can do, should do and must do. Certainly the women of America, working through the Red Cross chapters, and the women in other countries, able to do similar work will find their

hearts dictating more than their hands can do.”

The Red Cross work in north Russia has included the establishment of an American hospital of 100 beds and the daily feeding of 5,000 school children. Activities have been extended from Archangel to many small villages. An auxiliary ambulance service is operated for the medical officers of the army, and everything possible is being done for the care of our soldiers in that frozen corner of the world.

Here at home the effect of peace has been noticeable in a diminution of personnel at national headquarters in Washington, as well as in the divisions and chapters. The Christmas roll call for 1919 memberships, however, brought opportunities for a large majority of the workers to keep busy until the end of the year, and the permanent future of the society is so well settled in the public mind that it is safe to predict a continuance of effective chapter organization throughout the country. At national headquarters many of the volunteers have remained on duty at great personal sacrifice. A change in the war council has been the election of Jesse H. Jones and George E. Scott to succeed John D. Ryan and Harvey D. Gibson, resigned.

A complete review of Red Cross work in any period, even in one month, would fill volumes. But a glimpse at the high lights, a skeleton outline, suffices to indicate how wide has been the organization's range in wartime and how great are its possibilities in peace.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By Rev. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
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LESSON FOR FEBRUARY 9

JETHRO'S COUNSEL.

LESSON TEXT—Exodus 18:1-27.
GOLDEN TEXT—Bear ye one another's burdens and so fulfill the law of Christ.—Gal. 6:2.
ADDITIONAL MATERIAL—Luke 19:1; Acts 1:12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.
PRIMARY TOPIC—Moses chooses helpers. Memory Verse—“Come thou with us, and we will do thee good.”
JUNIOR TOPIC—Working together. Memory Verse—1 Cor. 12:26.
INTERMEDIATE TOPIC—Team work in religion.
SENIOR AND ADULT TOPIC—Co-operation in the work of the kingdom.

I. Jethro's Visit to Moses (18:1-6).

1. The occasion (v. 1). Upon receipt of the news of the marvelous deliverance of the Israelites from the Egyptians Jethro went out to meet Moses.
2. The object (vv. 2-4). It was to bring to Moses his wife and children. When God called him to go to Egypt to deliver his people Moses did not deem it wise to take with him his wife and children, therefore left them with his father-in-law. Now that God had wrought so wonderfully it was deemed wise for his family to join him.

3. The place (vv. 5, 6). At Mt. Sinai, where the Israelites were encamped.

II. Moses' Reception to Jethro (18:7-12).

Moses honored him not only as his father-in-law, but as the priest of Midian. Jethro, though outside of the covenant people, evidently retained traditions of the true God, as Melchizedek before him did. It seems to have been a case of mutual affection and esteem. Moses rehearsed to Jethro the wonders which God had wrought through him, and Jethro, (1) “Rejoiced for all the goodness which the Lord had done unto Pharaoh and the Egyptians for Israel's sake” (v. 9). (2) Blessed the Lord (v. 10). (3) Confessed the supremacy of the Lord (v. 11). (4) Offered sacrifices to God (v. 12).

III. Jethro's Counsel (18:13-26).

1. The occasion thereof (vv. 13-18). The day after Jethro came to Moses he observed how completely Moses' time was taken in judging Israel. When he saw the greatness of the task he inquired as to why he was doing the work all alone. Jethro was a shrewd man—he saw that a wise administration of affairs would make a division of labor. Moses explained to him that his task was not merely a matter of judging, but of teaching the statutes and laws of God to the people. Jethro recognized Moses' motive, but insisted that the method was not a good one, as it would result in the wasting away of his strength. Many times one wastes his strength in doing that which others could do so that he is unable to do the more important things.

2. Jethro's plan (vv. 19-23). (1) Moses to be unto the people Godward—to bring their causes unto God and teach them the way wherein they must walk, and the work which they must do. (2) Suitable men should be provided as rulers over thousands, hundreds, fifties and tens (v. 21). All great matters should be disposed of by Moses and all subsidiary matters should be adjusted by these judges.

3. Qualifications of these subordinate judges (v. 21). (1) “Able men,” that is, men of strength. They must be men of such intellectual power as would enable them to understand the problems presented, and of such will power as to execute the judgments rendered. A strong man is one who knows his own mind and is faithful to it. (2) “Such as fear God.” This is the basis of true strength. Only those are fit to judge and rule men who recognize the rule of God over their lives. The true statesman is the man who gives God the rightful place in his life. The one who really trusts and fears God can be trusted to administer the affairs of men. (3) “Men of truth.” The one who really trusts and fears God must himself be a lover of the truth. He must be willing to follow after the truth at any cost. His nature must be open to the truth. (4) “Hating covetousness.” He must be a hater of unjust gain. The man who is to be a ruler of the people must be free from the suspicion of following his profession because of personal gain. The one set to do such work should be able to show clean hands.

IV. Moses Accedes to Jethro's Counsel (18:24-26).

This common sense advice met a response in Moses' heart. He recognized that God was speaking through Jethro. After all, the knowledge and fear of God was wider than the chosen people. According to Deuteronomy 1:9-18 the people selected the judges and Moses appointed them.

Like a Stream.

All events are like a stream of water flowing past, a stream without color and without form. Each one dips in her little bowl and straightway the water takes on the shape and reflects the color of the vessel.—Maeterlinck.

Duty for All.

I am sure that it is a duty for all of us to aim at a just appreciation of various points of view, and that we ought to try to understand others rather than to persuade them.—A. C. Benson.

A Criterion in Corset Styles



It seems a far cry from the great world war to styles in corsets. Yet even in corsets, which seem so inconsequential and so small an item in the world's business, the war has changed manufacturing methods, and it looks as if it would have a lasting effect on the garment. Prices of corsets went up with scarcity of materials and increase in cost of labor. There is no immediate prospect of their coming down again. For a year at least the French corset fabrics will not be imported in sufficient quantities to influence price and the labor item is difficult to handle. Manufacturers who are willing to shave expenses in every other direction will hesitate to cut down wages. So we must reconcile ourselves to the present required expenditure and hope that it will not advance.

The low bust proves itself the most comfortable and the most graceful of corset models. In fact there is no particular reason for mentioning the bust at all in connection with new models that extend only an inch or so above the waistline. The bust is really corseted by the brassiere and the lungs and diaphragm are not subjected to the slightest pressure. Curves are long in figures corseted in this way—a consumption devoutly to be wished.

Fewer bones—or steels—are used in the new models than ever before. This came about through the shortage of boning materials and proved a blessing in disguise. Even the stout woman finds her figure well supported by corsets in which few bones are used instead of many and the gain in suppleness is obvious. The wits of corset designers have been put to the test and sharpened by necessity which is the mother of invention. The art of the corsetier is a great art and an example of its late achievement appears in the picture shown here. This corset may be accepted as a criterion in corset styles.

Julie Bottanley

Kitchen Curtains.

The very prettiest way of curtaining the kitchen window is by using the double-sash curtains. Dutch curtains, they are called. Make the two pairs of crisp muslin, or soft voile or cheecloth, as preferred, and sew down the sides and across the bottom a band of plain color to match the kitchen color scheme. These bands may be from two to four inches wide. The bottom curtains are usually kept closed, but the upper ones are always open to allow sunlight and air to come in and the bit of color at the edges seems to be just what so many kitchens need to brighten them up.

Washing Fluid.

The following will be found an excellent washing fluid: Five pounds of washing soda, one gallon of cold water; put to boil. While boiling, add one pound of chloride of lime and stir well; set aside to settle. Strain through a cloth and cork up in a jug. Put your soiled clothes in ten quarts of water, or enough to cover them, with two handfuls of clipped soap and one pint of fluid.

The Swift Dollar for 1918

The above diagram shows the distribution of the average Swift dollar received from sales of beef, pork and mutton, and their by-products, during 1918.

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Failure and Success.

One man chose for himself an easy goal. Thousands had attained it before him. He followed in their footsteps and reached it.

The world called him a success.

Another dreamed of a distant glory. He set his hopes afar. He left the beaten paths and sought to climb higher than man had ever been. The goal he climbed for was beyond his strength, yet he never ceased to struggle for it. He died without tasting victory.

Because he had spurned the easy success and chose to seek the greater goal the world called him a failure.

Yet in his failure the one had done bigger things than the successful one had ever dreamed of.

Sure Proof.
“The fellow who is visiting your girl is a coming man.”
“He must be. He's not a going one.”

Every woman is apt to be in the wrong until she begins to cry—then she's all right.

Finds Ring in Chicken's Stomach.

J. W. Jones, prominent business man of Huntington, W. Va., is today again wearing on his finger a big ring with an amethyst setting from which he had been mysteriously separated for several weeks. He lost the ring in his chicken yard, he now knows, for in cutting open one of the chickens while preparing it for the table the ring was found in its stomach.

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

It often costs a lot to keep virtue in repair, but the self-starter of vice is always in working order.

Put your shoulder to fortune's wheel and turn it to suit yourself.

Keep clean inside as well as outside by taking a gentle laxative at least once a week, such as Doctor Pierce's Pleasant Pellets. Adv.

When loves comes in the door, reason flies out the window.

Western Canada's "Horn of Plenty" Offers You Health & Wealth

Western Canada for years has helped to feed the world—the same responsibility of production still rests upon her.

While high prices for Grain, Cattle and Sheep are sure to remain, price of land is much below its value.

Land capable of yielding 20 to 45 bushels of wheat to the acre can be had on easy terms at from \$15 to \$30 per acre—good grazing land at much less.

Many farms paid for from a single year's crop. Raising cattle, sheep and hogs brings equal success. The Government encourages farming and stock raising. Railway and Land Companies offer unusual inducements to Home Seekers. Farms may be stocked by loans at moderate interest. Western Canada offers low taxation, good markets and shipping; free schools, churches and beautiful climate.

For particulars as to reduced railway rates, location of land, illustrated literature, etc., apply to Dept. of Immigr., Ottawa, Can., or

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