

THE MOST DANGEROUS OF ALL DISEASES

No organs of the human body are so important to health and long life as the kidneys. When they slow up and commence to lag in their duties, look out! Danger is in sight.

Find out what the trouble is—without delay. Whenever you feel nervous, weak, dizzy, suffer from sleeplessness, or have pains in the back, wake up at once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only half doing their work and are allowing impurities to accumulate and be converted into uric acid and other poisons, which are causing you distress and will destroy you unless they are driven from your system.

Get some GOLD MEDAL Haarlem Oil Capsules at once. They are an old, tried preparation used all over the world for centuries. They contain only old-fashioned, soothing oils combined with strength-giving and system-cleansing herbs, well known and used by physicians in their daily practice. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are convenient to take, and will either give prompt relief or your money will be refunded. Ask for them at any drug store, but be sure to get the original imported GOLD MEDAL brand. Accept no substitutes. In sealed packages. Three sizes.



WATCH YOUR COLTS

For Coughs, Colds and Distemper, and at the first symptoms of any such ailment, give small doses of that wonderful remedy now the most used in existence. **SPOHN'S DISTEMPER COMPOUND** Safe for all ages. Colts, Mares in foal, Stallions and all others. An excellent preventive as well as a cure. Sold by druggists.

SPOHN MEDICAL CO., Mrs. Goshen, Ind., U. S. A.

Substitutes for Glass.

Materials of many kinds, more or less transparent, are being tried in Europe to replace window glass, which is unobtainable. Cellulose films are made practical by mounting on metal gratings, light wire screen, or cloth. Glue interlaced with hemp strands between two sheets of paper; albumen and casein products; sheet gelatin, and an artificial resin made by condensing phenol with a formaldehyde solution, all are imperfect but ready makeshifts. More nearly resembling glass, but comparatively expensive, are an oxide of silica made by fusing it with acid oxides of titanium or zirconium, and a combination of greensand marl with magnesia, bauxite, and an alkali, melted in an electric furnace. Some of these glass substitutes are flexible.—Popular Mechanics Magazine.

Slender Returns.

"Did you raise anything on your promise to pay?"
"Oh, yes; I raised a smile."

A town man complains of rain, a farmer of dry weather.

Palpably False.

"Paw, here's a new puzzle I heered in town," stated Conrod, eldest son of Gap Johnson of Rumpus Ridge. "A farmer said he had thirty dogs and killed 'em all in five days, killing an odd number each day. What's the answer?"

"The farmer lied; that's all," returned his sire.

"Ah, how do you know? Somebody must have told you."

"I don't need to be told. No farmer that ever I knowed, if he had any sense, would kill any dogs a-tall, any time."—Kansas City Star.

Just Beginning.

Mrs. Finebred—"Is yours an old family, Mr. Newpop?" Mr. Newpop—"Mercy, no! We've been married only a year."

If Eve hadn't been forbidden to eat that apple the chances are that it wouldn't have happened.

Much of mother's popularity with her children is due to the fact that she is willing to wait on them.



The Flow of Meat

Two-thirds of the live stock in the United States has to be raised in the West.

One-half of the consumers of meat live in the East.

In other words, most of the live stock is one or two thousand miles distant from most of the people who need it in the form of food.

Fifty years ago, when live stock was raised close to every consuming center, the country butcher could handle the job after a fashion.

But the job got too big.

Now millions of animals have to be moved hundreds of miles to millions of people. Somewhere on the way they have to be turned into meat.

The packers solved the problem. They set up plants where the "live haul" and the "meat haul" were in the right balance. They built up distributing systems—refrigerator cars, refrigerating plants, branch houses. They saved time, money and meat everywhere. The stockraiser benefited in better markets and higher prices; the consumer, in better meat and lower prices.

As the country grew, the packers had to grow, or break down. Because of its present size and efficiency, Swift & Company is able to perform its part in this service at a fraction of a cent per pound profit.

Swift & Company, U. S. A.

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 MAY 25.

REPENTANCE.

LESSON TEXTS—Jonah 3:1-10; Luke 18: 13; Acts 2:37, 38.
GOLDEN TEXT—Repent ye, and believe the Gospel.—Mark 1:15.
ADDITIONAL MATERIAL—Isaiah 1:16-20; Luke 2:1-14; Acts 17:30, 31; 2 Cor. 7:9-11; 2 Peter 3:9.
PRIMARY TOPIC—God's Willingness to Pardon.
JUNIOR TOPIC—The People of Nineveh Repent.
INTERMEDIATE TOPIC—Turning From Sin to God.
SENIOR AND ADULT TOPIC—The Nature and Fruit of Repentance.

I. The Repentance of the People of Nineveh (3:1-10).

The following steps are noted in their conversion:

1. Hearing the Word of the Lord (vv. 1-4).

The Lord commanded Jonah to go to Nineveh, a great and wicked city, and there "preach the preaching" that he bade him. Jonah's runaway experience (see chapters 1, 2) was such that he was willing to obey God. His chastisement was severe, but by God's grace he was now ready to execute the commission. "Jonah arose and went unto Nineveh according to the word of the Lord" (v. 3). So great was the city of Nineveh that it required three days to compass it; that is, to visit its very centers of activity. Jonah, coming from Palestine, doubtless entered the city from the south, and during an entire day going from center to center cried, "Yet forty days and Nineveh shall be overthrown" (v. 4). Since the king's palace seems to have been in the south part of the city Jonah's message soon found its way to him. If every preacher would preach what God bids him there would be more cities turning to God.

2. Believing God (v. 5).

They not only believed God would visit judgment upon them, but believed in God, and put their trust in him for mercy and salvation.

3. Repented (vv. 5-9).

Their repentance was shown in (1) proclaiming a fast and putting on sackcloth (vv. 5-7). These marks of humiliation were shown by all, from the king on his throne to the most humble man. (2) Cried mightily to God (v. 8). In the midst of their humiliation they cried with intensity to God. (3) Turned from their evil ways (v. 8). The final test of repentance is turning from sin; it is hating sin badly enough to quit it.

4. Accepted by God (v. 10).

When the Ninevites turned from their evil ways God refrained from executing doom upon them. It averted judgment. God is unchangeable. His holy nature is unalterably opposed to sin. When men repent from their sins his wrath is turned aside. This is what is meant by God repenting.

II. The Necessity of Repentance (Luke 13:1-5).

Repentance is necessary on the part of all, since all are sinners. "The wages of sin is death" (Rom. 6:23). While God is unalterably opposed to sin he is infinitely gracious. His holy nature compels him to cause judgment to fall upon those who will not turn from their sins to serve him. Repentance is not merely a matter of privilege, but of absolute necessity if one would escape the wrath of God. Repentance is the only door of escape from perdition. It is not a question of how great a sinner one is that determines the need for repentance, since God cannot look upon evil: "For thou art of purer eyes than to behold evil, and canst not look upon iniquity" (Hab. 1:13). No one can ever see him in peace unless he turns from his sins. God commands men to repent (Acts 17:30).

III. The Blessed Results of Repentance (Acts 2:37,38).

1. Remission of sins. Remit means to send away. The one who repents is rid forever of his sins, for he is a new man in Christ.

2. Gift of the Holy Spirit. When one is regenerated he not only is rid of his sins, but God, the Holy Spirit, takes up his abode in him. He is his teacher, guide and defender. These blessed results ought to move one to repent. The goodness of God ought to provoke men to penitence.

You Cannot Lose.

To have is to use, not to hoard. "He that saveth his life shall lose it." That is the reason for spending yourself—the fact that you cannot lose what you really have; the fact that spiritual quantities are real quantities; that the best in us is better and stronger than the worst, if we believe in it; that, to the eye of faith, Satan—like lightning—is forever falling from the heaven of things that endure.—W. H. Blake.

Influence of the Bible.

Hold fast to the Bible. It is the sheet-anchor of your liberties; write its precepts on your hearts, and practice them in your lives. To the influence of this book we are indebted for the progress made in civilization, and to this we must look as our guide in the future.—U. S. Grant.

God is Love.

"Love is not love which alteration finds." The unchangeable is Love, and Love is the unchangeable, for God is Love.

SAVED BY A FAITHFUL WIFE

Suffered Thirty Years With Stomach Trouble and Hemorrhages of the Bowels.

The Story of a Wonderful Recovery

There is hardly any one who does not experience some trouble with the stomach. It is so common that we frequently pay little or no attention to it. Yet, the stomach is very easily upset, and catarrhal inflammation of the mucous lining develops, grows worse—the pain and distress is incessant and the truth dawn that we have chronic stomach trouble.



The case of Mr. Louis Young, 205 Merrimac St., Rochester, N. Y., is typical. He writes: "I suffered for thirty years with chronic bowel trouble, stomach trouble and hemorrhages of the bowels. We bought a bottle of Peruna and I took it faithfully. I began to feel better. My wife persuaded me to continue and I did for some time as directed. Now I am a well man." Mr. Young's experience is not unusual.

If you suffer from catarrh in any form, whether of the head, stomach, bowels or any other part of the body, try Peruna. It may be just what you need. Peruna comes in either liquid or tablet form and is sold everywhere. Your dealer has it or will get it for you. Ask for Dr. Hartman's World-Famous Peruna Tonic and insist upon having it. If you want your health accept nothing else.

All the sick and suffering are invited to write The Peruna Company, Dept. 78, Columbus, Ohio, for Dr. Hartman's Health Book. The book is free and may help you. Ask your dealer for a Peruna Almanac.

JUST AS LAWYER FIGURED IT

Legal Light Had Method of His Own of Ascertaining Age of Feminine Witness.

Lou Guernsey has gone on record that he doesn't think it should be necessary to establish the age of a woman witness in court. He made the statement after pulling a boner in court the other day which has put him in bad in one Los Angeles home, at least.

"What is your age madam?" Lou asked of the matronly witness.

"My age, why I've just turned 24," she gurgled.

"Let's see. When you turn 24 it's 42," figured Guernsey, "I thank you, madam."

"You brute," she hissed, but the jury was more appreciative.—Los Angeles Times.

He Loved the Khaki.

The officer father had just been mustered out and when he appeared in "civvies" his eighteen-months-old son failed to recognize him. In khaki had the father first been introduced to the baby and the baby refused to acknowledge the acquaintance in other dress. "Papa all gone!" he cried sadly, over and over again—and when the parent insisted—"No! No!" declared the baby, "papa all gone!" "At least he's not a pacifist," was the father's consoling remark.

The woman who falls to say "because" has some other excuse.

You will not do enough if you do not try to do more than enough.

YIELD BIG CROPS

Grain Seeds From Western Canada Do Well in Ohio.

Demand for Them is Bound to Add Value to the Land of Our Northern Neighbor, Now to Be Had Cheap.

A large area of the land in several counties in Ohio prepared for spring seeding will be seeded with Marquis wheat—a spring variety. This wheat is imported from Western Canada. It was about three years ago that the first of this seed was imported into the States, and the result, watched each succeeding year, proved that Ohio soil and spring seeding was a success. The demand for the seed has now become so great that one of the largest seed houses in the state, that has been purchasing from Western Canada farmers and importing it, has decided to purchase a large block of land in that country for the purpose of growing the grain themselves. They will devote a considerable portion of their Western Canada holdings to growing oats, barley and rye. Their action is a strong endorsement of the product. For some time past a considerable quantity of seed oats has also been imported. The prolific yield reported was what probably gave an impetus to the introduction of wheat.

It was found, though, after a couple of years the quality of the oats, as well as the yield, began to deteriorate when grown seed was used, making it necessary for fresh importations every couple of years. It is possible that the same experience may follow the growing of Western Canada wheat. In fact it is quite probable, and the Ohio farmer will find it necessary to import every two years.

With the success that has followed the Ohio farmers' experiments with this imported seed it is possible other states now growing winter wheat will begin growing spring wheat. It may therefore be taken for granted that Western Canada, in addition to its ability to produce hundreds of millions of bushels of wheat possessing the greatest percentage of gluten of any wheat in the world, will shortly be called upon to provide the seed that will be grown on the additional acres in the United States that may be devoted to spring wheat.

It is a well-established fact that the further north any product of the farm can be brought to a state of maturity, the more vigorous it becomes. This has been proven in the grains that have been produced in Western Canada; it has been shown in the development of its horses, its cattle, its sheep and its hogs; also in its people. The neighbor to the north really has a splendid future before him, and many years will not have passed before the lands that are selling today at much less than their producing value will bring prices more commensurate with their true worth than they do today. Think of lands that yield in their operation a profit of from fifteen to twenty-five dollars an acre a year selling at figures less than \$40 an acre. It does not require a mathematician to figure the percentage of profit. It is unfair to these lands to ask them to continue these profits for long. So it is safe to make the prediction that in a very few years they will place themselves on a parity with other lands that today produce less and sell for much more.—Advertisement.

Vain Escape.

"I am not rich enough to give you a large contribution to this cause."
"That is a poor excuse."

Back Lame and Achy?

There's little peace when your kidneys are weak and while at first there may be nothing more serious than dull backache, sharp, stabbing pains, headaches, dizzy spells and kidney irregularities, you must act quickly to avoid the more serious trouble, dropsy, gravel, heart disease, Bright's disease. Use Doan's Kidney Pills, the remedy that is so warmly recommended everywhere by grateful users.

A Nebraska Case

Edwin Meredith, Supt. Standard Chemical Co., 143 Sherwood Ave., Omaha, Neb., says: "I am never without Doan's Kidney Pills in the house. I had a severe attack of kidney trouble which was brought on by a severe illness. I took Doan's Kidney Pills and they helped me wonderfully. Doan's Kidney Pills cleaned my kidneys and have given me no trouble since using Doan's."



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DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

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W. N. U., LINCOLN, NO. 20-1919.

Could Not Resist His Appeal.

"No, Mr. Smith," she said, gently but firmly, "I can never be your wife."

Then he struggled to his feet and said in broken tones:

"Are all my hopes to be thus dashed to pieces? Am I never to be known as the husband of the beautiful Mrs. Smith?"

This was too much for the girl, and she succumbed.

The same hammer that breaks a piece of iron in two can be used to weld two pieces of iron into one.

In the solitude of country life are the solid things of life.

The greatest business in the world is to help the world to be better.

Betty Said She Could Bake

"I knew she never had baked a cake and I was doubtful. But I told her to go ahead.

"She got my treasured Royal Cook Book, my can of Royal Baking Powder and all the fixings—and sailed in.

"Honestly, it was the best cake we ever had, and now I believe anyone who tries can bake anything with

Royal Baking Powder

Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum—

Leaves No Bitter Taste

The Royal Cook Book, containing over 500 recipes for all kinds of cookery, mailed free. Write for a copy to

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