

# LUCKY STRIKE cigarette



Prepared by The American Tobacco Company

**School for Recruits.**  
Sergeant—What is understood by a theoretical instruction?  
Recruit—It's an instruction which is not practical.

## WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased. Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions. Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.

**But the "Bad Man" is Preferable.**  
The "bad man of the plains" is now extinct, his place having been taken by mere defaulters, embezzlers, swindlers, yeggmen and other criminals.—Boston Transcript.

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Wm. C. Little* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

**From First to Last.**  
Henry was called from his play about 4 o'clock one afternoon recently, his sister saying:  
"Time to clean up; come on."  
Henry, who is dutiful, looked up and inquired:  
"I gotta take a bath?"  
"Yes, sir."  
"A whole one?"  
Laughter drowned the answer.

For true blue, use Red Cross Ball Blue. Snowy-white clothes will be sure to result. Try it and you will always use it. All good grocers have it.

**Somewhat Important Point.**  
The cinema producer was giving his final instructions for the production of Part nineteen of "The Adventures of Annie."  
"Mr. Darling," he addressed the curly-haired hero, "for realism purposes I have borrowed a live lion for this act. The animal will pursue you for five hundred feet."  
Mr. Darling interrupted him. "For five hundred feet?"  
"Yes," replied the producer. "No more than that. Understand?"  
The hero nodded dubiously. "Yes, I understand; but—does the lion?"

## COCKROACHES KILLED TODAY



BY USING THE GENUINE **Stearns' Electric Paste**  
Also SURE DEATH to Waterbugs, Ants, Rats and Mice. These pests are the greatest carriers of disease and MUST BE KILLED. They destroy both food and property.  
Directions in 15 languages in every box. Ready for use—two sizes 25c and 50c. U. S. Government buys it.

**THE LINCOLN SANITARIUM**  
SULPHO SALINE SPRINGS  
General Hospital  
In Connection an Extensive Hydrotherapeutic Department using Natural Mineral Water from the Sulpho-Saline Springs  
DRS. EVERETT  
Managing Physicians  
14th and M Sts., Lincoln, Neb.

**PATENTS** Watson E. Coleman Patent Lawyer, Washington, D. C. Advice and book free. Satisfactory references. Satisfaction guaranteed.

# Nepal, a Hermit Kingdom



Street Scene in Patan, Nepal.

Prepared by the National Geographic Society, Washington, D. C.  
Nepal, in which is situated much of Mt. Everest, the world's highest pinnacle, which is now being attacked by an elaborately equipped British scientific expedition, is the true "hermit kingdom" of today. The government purposely keeps the roads which lead from India to Nepal in bad condition, and travelers are admitted to but one small valley, and then only for special reasons upon a difficulty obtained permit.

This kingdom which holds itself so aloof from the world is a narrow strip of country about 100 miles wide and 500 miles long, extending for nearly a third of the distance between India and Tibet along the sky-piercing Himalayas. On the south it includes a very narrow strip of plains country, but predominantly it is a mountainous region. In fact, its possession of Mt. Everest and some of the other of the highest mountains in the world give it claim, in one sense at least, to be the most mountainous of countries. The Nepalese are a fighting people, have an excellent army and organization, and are fond of show, both in military display and in their religious festivals. The latter are very numerous, and in fact seem to be interminable. The women take a prominent part in most of them.

Some of the semi-military pageants end in the massacre of hundreds of buffaloes. In one such ceremony, known as the blessing of the colors, the commander in chief dips his hands in a bowl of blood and clasps each banner in turn, thus imprinting on each the mark of bloody hands. The scene is somewhat revolting, but probably has its use in keeping up a martial spirit in the army.

**Voluminous Dresses of Women.**  
The Nepalese women wear yards upon yards—sometimes as many as a hundred—of fine muslin plaited to form a huge fan-shaped bunch in front, the back being quite tight. When a lady of rank drives in her barouche she completely fills the carriage with her voluminous skirt of brilliant hue. Above the skirt a vivid little tight-fitting jacket, usually of velvet, is worn; the hair is dressed in a peculiar knot in front, above the forehead, and fastened to one side by an enormous gold plaque with a jeweled center. A heavy gold necklace and gold bangles complete her jewelry. Every imaginable shade is used—purple, pale blue, green, carmine, orange, white, yellow, turquoise, and deep red—and the effect is wonderful.

At the time of state ceremonies the streets are filled with processions of elephants in gorgeous trappings, horses and ponies, brilliant military uniforms, and the usual crowd of good-natured, pleasure-loving people, the whole against the background of the old temples and natural surroundings making a wonderful spectacle. The journey into Nepal is not an easy one. At first there is a track through the forest, but as soon as the outer hills are reached the road loses itself in the bed of a stream, up which the bearers pick their way with difficulty over and among great boulders. The official road finally goes over the very rough track across the Chandragiri pass and down the almost impassable road on the other side into the Nepal valley. The last portion of the descent is down a long staircase of roughly-placed blocks of stone, and it is marvelous how the laden men and ponies keep their footing on it.

**In the Nepal Valley.**  
From the foot of the pass an excellent carriage road into the town of Khatmandu runs through the valley teeming with people, towns, palaces, temples, and innumerable shrines. There are miles of such good carriage roads within the valley, mostly constructed in Jung Bahadur's time, and carriages and pairs, and occasionally a four-in-hand are constantly used by the palace people.

In this valley, where the shrines alone are said to number more than 2,700, the buildings present an amazing

diversity of form, derived from many sources—Egyptian, as shown in the typical form of the windows and doorways finely adapted to local traditions; Persian, Babylonian, Indo-Aryan, and even Nestorian in some of the designs.

The inhabitants of Nepal are collectively known as "Dwellers in the Hills," and are divided into innumerable castes. The Gurkhas are now the dominant race. Among the Gurkhas there are 21 castes and in addition to these, there are among the Newars, or conquered people, 41 castes and sub-castes.

The most striking buildings of Nepal's comparatively modern capital, Khatmandu, are, perhaps, those composing the Durbar palace, with its many quadrangles and pagoda-shaped roofs, full of chambers and courts with small communicating doors easily closed, which enable the inhabitants to defend themselves in case of political disturbances, which are not infrequent. Some of the windows are very fine and there are some striking bits of wood carving.

**Patan, the Old Capital.**  
Patan was the old Newar capital, where Buddhism was the accepted religion of the country before the invasion of the Gurkhas. Although the largest town in Nepal, it is a quiet, sleepy place, much of it falling into ruins, but still most picturesque. It stands in the center of the beautiful valley, against a background of green mountains and snowy peaks—a network of narrow, twisting little streets packed full of shrines, temples, and pagodas, many of them deserted and falling into ruins, but still with exquisite bits of carving and wonderful doorways of all shapes and sizes and wonderful designs.

Many of Patan's buildings are decorated with sheets of embossed copper gilt, and everywhere the shrines are guarded by pairs of fearsome animals of enormous size. Carved stone pillars are surmounted by animals, birds, or fish modeled in metal; bells of all sizes are everywhere, and huge lotus thrones in bronze hold bronze Thunder-Bolts or Dorgis.

The art of the Nepalese, or, properly speaking, the Newars, is worthy of special consideration. It was the Newars who brought art to its highest state of perfection, and their influence has extended through these hills into Sikkim, Bhutan, and Tibet. Indian influence has penetrated from the south with the advance of Buddhism and has spread through the hills, along the Brahmaputra valley, to Lhasa, the capital of Tibet. On the other hand, Chinese influence is also strong and there has been intercourse with that country for many centuries.

**Beautiful Wood Carving.**  
Nepalese wood carving is extraordinarily beautiful and ornate. Every scrap of wood is carved in some manner; the struts upholding the eaves of shrines represent satyrs and dragons, while windows and doors are examples of the most elaborate and minute workmanship of every conceivable design. The verandas and overhanging balconies are highly ornamented and the work on some of the pillars is very bold and striking.

In weaving, the natives are deficient, the only cloth made being a coarse cotton of no artistic value. The feudal system, which has prevailed among these hills for many years, is in a measure responsible for much of the artistic work of the natives, for it enables a man to put his whole energy into his work. He has no care about food or housing; it is to his master's and his own advantage to produce the most artistic work possible.

Nepal maintains a well-drilled and efficient army of about 32,000 infantry and 2,500 artillery, with about 100 serviceable and 150 unserviceable guns. The Maharajah is not permitted to have any intercourse with Europeans, and should the British resident or any official have occasion to interview him it is always in the presence of some Nepalese official.

## IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By Rev. F. H. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)  
(©, 1921, Western Newspaper Union.)

### LESSON FOR JULY 31

#### SAUL TEACHING AT ANTIOCH.

**LESSON TEXT**—Acts 11:19-30.  
**GOLDEN TEXT**—A whole year they assembled themselves with the church, and taught much people.—Acts 11:26.  
**REFERENCE MATERIAL**—Acts 5:42; I Tim. 2:5-7; II Tim. 2:2.  
**PRIMARY TOPIC**—Carrying Help to Jerusalem.  
**JUNIOR TOPIC**—Saul Helping Others in the Christian Life.  
**INTERMEDIATE AND SENIOR TOPIC**—Entering Upon a New Career.  
**YOUNG PEOPLE AND ADULT TOPIC**—A Year's Teaching in Antioch.

When God was about to launch the missionary enterprise among the Gentiles, He arranged for a new religious center. Antioch was admirably adapted for such a center. The upper classes were Greeks and used the Greek language. The government officials were Romans and used the Latin tongue. While the masses were Syrians, sprinkled among them were Jews who had come for commercial purposes; also travelers from all parts of the world were in evidence.

**I. A Religious Awakening at Antioch (vv. 19-21).**  
1. The occasion (v. 19a). The persecution at Jerusalem scattered the disciples abroad. This God permitted in order to separate them from the home people at Jerusalem.  
2. The preachers (v. 19a). They were ordinary men and women, not officials, but they were filled with the yearning desire for lost souls and witnessed of the Lord Jesus in the power of the Holy Ghost.  
3. What they preached (vv. 19b, 20). They preached the "Word" and the "Lord Jesus." All who preach the Word will preach the Lord Jesus; for He is its center. The real reason why there are not conversions today is the failure of ministers to preach the Word.

**II. Barnabas Sent to Inspect the Work at Antioch (vv. 22-24).**  
This was a wise selection.

1. The character of Barnabas (v. 24). He was a good man. It is highly important in sending a man to follow up a work of the Spirit that his character be good. He not only must be of an unblemished character, but his sympathies must be broad. He must be capable of entering into full appreciation of the things about him. Much mischief often results from sending injudicious men to look after the Lord's work. He was full of the Holy Spirit. This is an essential qualification for pastoral work. Only a Spirit-filled man can appreciate the workings of the Spirit of God. He was also a man of great faith.

2. Work done by Barnabas (v. 25). He gladly endorsed the work and earnestly exhorted them to steadfastly continue in the faith, clinging unto the Lord. There are many allurements to tempt young Christians. The rejoicing of Barnabas shows that he was a man who could rejoice in the work of others. He did more than inspect the work; for many people were added unto the Lord. Doubtless he preached.

**III. Barnabas Brings Saul (vv. 25, 26).**

The work grew to such an extent that help was needed. Barnabas had the good judgment to seek Saul for this important work. Barnabas knew that the bringing of Saul would mean his taking a secondary place. It is the duty of Christian leaders to seek out men who are qualified for the Lord's work and bring them from their places of obscurity, setting them to work in the Lord's vineyard. There are many men in obscurity which it requires a Barnabas to bring forth.

**IV. The Disciples First Called Christians (v. 26b).**

They were not called Christians in derision, as is so often asserted. It was a consequence of Saul and Barnabas teaching there for a year that they were called Christians. The name was a consequence of the teaching. In all Saul's teaching he showed the unique relation which the Christian sustains to Christ. Since the body closely resembles its head, Christ, they were called Christians.

**V. The Church at Antioch Sends Relief to Jerusalem (vv. 27-30).**  
The Holy Spirit through Agabus made known a great dearth throughout the world. This came to pass in the days of Claudius Cesar. Every man according to his ability determined to send relief unto the brethren which dwell in Juden. They made up money for the poor saints at Jerusalem and sent it by the hands of Barnabas and Saul. This act not only proved the genuineness of the work at Antioch, but it emphasized the fact that there is no division between Jew and Gentile.

**Christ's Blessing.**

From Heaven Christ sends down a blessing. He communicates His nature to us, and so we learn how we are to live, and how we are to let Him live in us; and we see somewhat of what we might be if we had faith, and hope, and love, to bear the weight of the glory.—H. Monsell.

**Where Love Reigns.**  
"The best way to cultivate love in your heart is to enthroned Jesus there—for He is love, and, where He is, love reigns."

## FARMER'S WIFE NEARLY STARVED

Mrs. Peterson Says She Was Afraid to Eat on Account of Trouble That Followed.

"I weighed just a hundred and three pounds when I began taking Tanlac, but now I weigh a hundred and twenty-two pounds," declared Mrs. Amy Peterson, the wife of a prosperous farmer of Lakeville, Mass., a suburb of New Bedford.

"I had acute indigestion," she said, "and no one knows how I suffered. I had cramping pains in my stomach that were almost unbearable, and I suffered no end of distress from gas and bloating. Why, I was actually starving to keep from being in such awful misery, and I lost thirteen pounds in weight. Sometimes I wonder how I lived through it all, and I just thought there was no hope for me. I was restless night and day and was easily irritated, and some nights I slept so little it didn't seem that I had been to bed at all.

"But now I feel as strong and well as if I had never been sick a day in my life, and I just know Tanlac is the best medicine in the world. I haven't a touch of indigestion now, and every time I sit down to the table I can't help but feel thankful to Tanlac. I have a wonderful appetite and have gained back all my lost weight and six pounds besides. I am simply overjoyed to be feeling so well, and I just praise Tanlac everywhere I go."

Tanlac is sold by leading druggists everywhere.—Advertisement.

### Surgical Chronology.

"You are doing pretty well with tonsils, I understand," said the first doctor.

"Yes," replied the second doctor; "I'm taking out a few here and there, but I'll never forget 1917."

"What happened then?"  
"Best year I ever had for appendixes."—Birmingham Age-Herald.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used. 5c.

### OVERHEARD IN THE GARAGE

Just an Interchange of Pleasantries Between Two of the Industrious (?) Colored Employees.

"Shake a nimble dog, colored man, an' clean them cylinders."  
"Who? Me? Take yo' ease, boy, take yo' ease. The' week's got seven days jus' like it always had."

"I'll say it has; and, 'co'din' to you, they's all Sundays."  
"How come they is? I'll testify I ain't seen yo' losin' no sleep 'roun' this garage. Clean yo' own cylinders, bo' they's full o' carbon."  
"Y'all wanta give me plenty o' space 'bout this mo'nin', son; or else yo' widdler's goin to luff out loud every time she sees a spanner like this-a one."

"On yo' way, mule face, on yo' way. I seen yo' wife th' other day and, y'all know what she says to me 'bout you? She says: 'Go's far as yo've a mind to wif him; I see jus' paid up the premium on his life insurance'."—Kansas City Star.

### The Economist.

An economist, according to the latest definition, is a man who tells you what you should have done with your money after you have done something else with it.

Wages of sin are the same. What a reform movement seeks is to prevent you from working for them.

## ASPIRIN Name "Bayer" on Genuine



Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monacoelester of Salicylicacid.

### The Advantage Was His.

"Janette, I'm afraid you are a vain little wife. You gaze into your mirror so much."  
"You oughtn't to blame me for that. I haven't your advantage."  
"What's that?"  
"You can see my face without looking into a mirror."

### REST YOUR TIRED FEET

ALLEN'S FOOT-EASE, the antiseptic powder to be shaken into the shoes, stops the pain of corns and bunions, and gives quick relief to sweating, callous, tired, aching, tender feet, blisters and sore spots. It cools the feet, keeps them cool and comfortable. Shoes and stockings wear twice as long when you walk in comfort.

### Ancient Relic to Harding.

A theater ticket not made of paper but of a stony substance that has stood the test of two thousand years has been presented to President Harding by Dr. John Constat, assistant surgeon at Georgetown university hospital. Dr. Constat stated that the theater ticket was probably used during the earliest period of Grecian drama. It bears on one side the engraved head of a gorgon and on the reverse the head of a fox. It is believed to be of Athenian origin.—New York Times.

### Cuticura Soothes Itching Scalp

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.

### WHAT ST. PAUL REALLY SAID

Englishwoman Declares Men Have Deliberately Twisted the Words of the Great Apostle.

Men translated the Bible—and twisted St. Paul's remarks about women to suit their own ideas. That is divulged by Miss K. Raleigh to the British Women's Freedom League.

The apostle's remarks about women, she said, were badly twisted in translation, and it could be proved by the removal of a few dots and commas, that St. Paul did not: Forbid women to preach; command them to obey their husbands; insist that forever and aye, whatever the fashion of the country, they should wear hats in church, say that they should never wear jewelry and fine clothes.

"In the sentence, 'Women obey your husbands,'" said Miss Raleigh, "the correct translation of the word 'obey' is 'be considerate to.'"

St. Paul is rehabilitated.—Chicago Journal.  
In New York.  
"The taxicab driver didn't overcharge us." "And why didn't he? What's his little game?"

**Thousands show you the way**  
Increasing numbers of people who could not or should not drink coffee and who were on the lookout for something to take its place have found complete satisfaction in

# INSTANT POSTUM

Postum has a smooth, rich flavor that meets every requirement of a meal-time beverage, and it is free from any harmful element.

**Economical—Made Quickly**  
*"There's a Reason"*  
Made by Postum Cereal Company, Inc. Battle Creek, Michigan.