

How often do you eat this food?

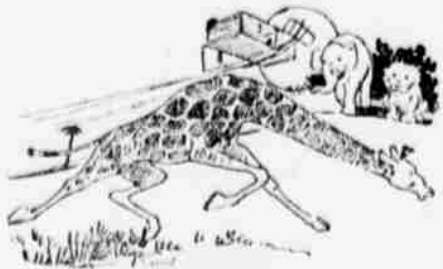
A short time ago there appeared in the columns of one of the prominent magazines an article on building brain and muscle by the proper selection of the foods you eat.

A good many people were surprised to find oatmeal placed at the top of the list of foods recommended; but if the article had appeared in an English or Scotch paper every reader would have expected to see first place given to oatmeal.

As a matter of fact Great Britain and Europe come to us for tremendous quantities of Quaker Oats because it represents to them perfect food, being the richest in flavor and best in cleanliness and purity, of all oatmeals.

Americans should eat more Quaker Oats; the results would soon show themselves in improved conditions of health and strength.

LOOKING AHEAD.



Elephant—Why does Longneck run around with his head so close to the ground?

Lion—Why, he's afraid that if he raises it he'll bump his head into one of those airships!

KEEP BABY'S SKIN CLEAR

Few parents realize how many estimable lives have been embittered and social and business success prevented by serious skin affections which so often result from the neglect of minor eruptions in infancy and childhood. With but a little care and the use of the proper emollients, baby's skin and hair may be preserved, purified and beautified, minor eruptions prevented from becoming chronic and torturing, disfiguring rashes, itchings, irritations and chaffs dispelled.

To this end, nothing is so pure, so sweet, so speedily effective as the constant use of Cuticura Soap, assisted, when necessary, by Cuticura Ointment. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, for their free 32-page Cuticura Book telling all about the care and treatment of the skin.

Not Actually Necessary.

The lawyer proceeded to examine the witness.

"Pardon the question, Mrs. Chucksley," he said, "but your answer constitutes a part of the record. How old are you?"

"Why, you ought to know, Mr. Sharpe," she answered; "my birthday is the same as yours, only I was born ten years later than you were."

"Ah, yes, I remember. Well, it isn't important, anyhow. Go ahead, Mrs. Chucksley, and tell the jury what you know about this case."

Coffroth Wins Race, London to 'Frisco.

James W. Coffroth, flight promoter, won his bet of \$2,000 made with a member of the National Sporting club of London that he could reach San Francisco in ten days from London. Coffroth had a margin of two hours and forty minutes.

Coffroth, according to agreement, sent a telegram to Eugene Corri, with whom he had the wager. When he arrived at the Oakland pier he was welcomed by a large delegation that cheered him as he stepped from his car.

The time made by Coffroth is the fastest ever made from London to San Francisco over the Atlantic and across the continent. He made the trip in nine days, five hours and five minutes.

The journey from Omaha to San Francisco was made on the famous San Francisco "Overland Limited" of the Union Pacific-Southern Pacific, and is simply another victory for Safety, Service, Speed via the old Overland Route.

Belgium Has no Navy.

Belgium is, perhaps the most prosperous state in Europe, as well as the most thickly settled. The late king's reign was at least marked by an enormous advance in wealth and social reform. One of the country's special advantages is that its international neutralization permits it to dispense with a navy, while the Belgian army is maintained on a very small and inexpensive basis.

Catarrh Cannot Be Cured

WITH LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or mucous membrane disease, and in order to cure it you must take internal remedies. HALL'S CATARRH CURE is taken internally, and acts directly upon the blood and mucous surfaces. HALL'S CATARRH CURE is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. E. J. CHENEY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Comparison Shunned.

"You didn't cry at all at the marriage," "No," answered the reposed girl; "I couldn't think of such a thing." "But the young woman with you wept copiously." "Of course. Her lace handkerchiefs are ever so much more elegant than mine."—Washington Star.

Make \$500 in Gold.

Read the magnificent offer by the John A. Salzer Seed Co. In another part of this paper. Get your wits to work and capture the \$500.00, and at the same time secure a supply of the most reliable seeds on earth. The company is one of the largest in the country, and thoroughly responsible.

Labor to keep alive in your breast that little spark of celestial fire called conscience.—Washington.

PETITION ASKS WORLD'S PEACE

Congress Is Asked to Give an Object Lesson to All Other Nations.

BUREAU OF MINES INDORSED

Passage of Bill at Present Session Is Practically Assured — President Taft's Fondness for Travel Will Be Gratified.

Washington.—In the house committee on foreign affairs there is reposing a huge petition signed by hundreds of Americans known to fame, and by thousands of other fellow Americans whose fame never has been trumpeted. The petition asks that the United States shall declare itself through congress that it wishes to give the world assurance it will never again conquer and hold by force of arms any more territory. The petition also asks that the national lawmakers shall declare the intention of this country to stop its rapid increase in armament.

Side by side in congress with this petition is a bill to increase the fighting efficiency of the navy by the addition of two great Dreadnaughts to the ocean-going war fleet. There are members of the house and senate who are in very truth apostles of peace, but their number is small when compared to the number of senators and representatives who believe that it is necessary to maintain the navy and army at fighting strength, and to do nothing which might give another country an opportunity readily to overtake us in case of a declaration of war.

The attempt of the peace promoters to secure from the United States a first pledge to the end of friendly relations with the rest of the world is explained by the friends of the resolution which congress has been asked to pass, as being simply one step further on the road toward the goal of the political organization of the world on a peace basis.

Seek to End Warfare.

The resolutions which are now before congress have for their immediate object the stopping of the growth of navies and armies. When the first Hague peace conference was held its principal object was to see if some means could not be taken to induce the nations of the world to stop increasing the enlisted strength of their armies and to stop adding battleships to their navies. The attempt at the Hague failed because it was perfectly apparent that each nation could not be brought to believe that some other nation would not violate the compact, and by increasing its war strength put the safety of the other nations who kept the peace faith, in jeopardy.

President Taft and Secretary Knox have just indorsed a plan for the establishment of a judicial court to which all the nations of the earth may have recourse in certain matters. The friends of the peace movement see in this an added victory. They say that this country is in a position at the present moment to take an advanced peace stand because no other nation on earth can dispute its claim to sovereignty "where its flag floats." In other words, because none of the territorial holdings of this country is in dispute there is no necessity for us to go to war to save our belongings. Thus established on a firm foundation at the present moment, it is the argument of the advocates of concord that the United States is well placed to urge that no more territory be seized by any country and that all shall work together to the end that countries now free may continue free, and that peace may be lasting.

It is said by the peace advocates that the establishment of the Universal Postal union and of the International Agricultural Institute at Rome and of the International Bureau of Weights and Measures, is a sign that the world is moving forward toward a unity of purpose in legislation, and that one day there may be such a thorough understanding and such a close bond of union that war will soon be a thing of the past.

Bureau of Mines Favored.

From indications it is practically assured that before the present session ends President Taft will sign a bill the effect of which will be to establish a bureau of mines in the interior department. The duty of the bureau of mines simply will be to make thorough investigations into the cause of mining disasters and to recommend preventive measures.

The bill, it is said, will not interfere with the rights of the states in any way, the hope being that the states will adopt legislation in accordance with the suggestion of the federal government, legislation which will prevent such terrible disasters as that of the Cherry mine in Illinois and of the recent mine accidents in Colorado, Kentucky and Pennsylvania.

In the geological survey there is what is known as a "technological branch." It is the duty of the officials of this branch of the survey to make inquiries into mine troubles and to make suggestions for relief. The force is very small and the belief of most members of congress is that its work should be enlarged and should be put under the control of the secretary of the interior, whose department, as far as public lands are concerned, has most of the mining territory of the government in charge. The American mining congress has representatives

in Washington whose efforts are to further the interests of the bill. There has been objection to the measure on the ground of states' rights, which it is supposed might be invaded, but the argument based on the provisions of the bill is that no right which now belongs to the state will be taken away.

Explanation of Measure.

J. F. Callbroth, Jr., is secretary of the mining congress and he has this to say concerning the measure:

"The slaughter in our coal mines seems to grow in horror with each day. We haven't had time to get over the shock of the Cherry mine holocaust, with its 300 dead, until we are startled with an explosion two days later in Kentucky with 34 dead. What is worse, these horrors will grow in intensity and in number unless the United States government and the state governments take heroic steps. "If the United States had the same regard for the safety of its workmen as the different countries of Europe, 15,000 out of the 20,000 men killed in the coal mines of this country in the last ten years would be living to-day.

The opposition in the senate to this bill is not as great as it was and the belief in Washington is strong that it will become a law in the near future.

Plenty of Travel for Taft.

President Taft certainly has made no secret of the fact that he likes to travel. He tells his friends that he enjoyed every mile of the long trip which he took last summer and that he likes to get next to the people and to tell them how he feels about legislation and to get some idea, if he can, of how they feel on the same subject. His 13,000 mile tour of the country has not in any way satisfied his travel hunger. He is going to swing around a smaller circle before congress adjourns, and then he will make a long trip during the summer.

On Lincoln's birthday the president spoke at a dinner of the Republican club in New York City. New York is only five hours from Washington and this does not count as much of a journey.

On Washington's birthday the president will go to New York again to speak before the Society of the Cincinnati. He will spend a large part of the day following the dinner at the home of his brother, Henry W. Taft, in New York City and the next night he is going to talk business matters to the Newark, N. J., board of trade.

The fact that President Taft likes to travel and to talk to people is so well known that the invitations are piling in on him in greater multitude than they ever did on Theodore Roosevelt. It was pretty generally known just what kind of affairs the former president would make an effort to attend, and so it was that comparatively few invitations came to him to speak at minor functions. With President Taft it is different. He is asked to all kinds of things, from sewing circle meetings to celebrations of the natal days of great organizations that have made their mark on American history.

In Chicago St. Patrick's Day.

On St. Patrick's day, March 17, Mr. Taft will go to Chicago to address the Irish Fellowship club. In Chicago and in some other large cities of the country the old time parade on St. Patrick's day has been given over and the day is celebrated largely by banquets and meetings at which appear noted speakers. While Mr. Taft is in Chicago as the guest of the Fellowship club he will probably address a meeting called for the purpose of fostering the conservation movement. Walter L. Fisher, vice-president of the great National Conservation association, has his office in Chicago and at Mr. Fisher's request the president probably will speak.

Mr. Taft barely will have time to get back to Washington before he will be called to New Haven to attend a meeting of the Yale Corporation, of which he is a member. This meeting will be held on March 21 and on the next day Mr. Taft will journey to New York to attend the annual dinner of the American Peace and Arbitration league.

The Manufacturers' association of Bridgeport, Conn., has asked the president to attend a meeting on March 21, but he has had to decline this invitation because of an appointment previously made to be in New Haven. The Bridgeport association probably will postpone its meeting until later and the president has more than half promised that he will put in an appearance and make a speech.

Gen. U. S. Grant's birthday comes on April 27 and on this date the American club of Pittsburg always has a great celebration. The president has been invited to attend and he has told Senator Oliver of Pennsylvania and the members of the Pennsylvania delegation which waited on him that he fully expects to be present at their banquet in recognition of the great soldier's birthday.

Cincinnati to See Him May 3.

Cincinnati, which is President Taft's home town, has complained that he seems to be willing to go everywhere else except there. The president has said that the home ties are very strong, but that he feels the people of his own city, in view of the fact of his many engagements elsewhere, will forgive him for not coming home oftener. He has assured several Cincinnati delegations that his heart is just as true as it always has been to the city on the Ohio. The president, however, will visit Cincinnati on May 3 and will deliver an address to his neighbors.

Indianapolis, Louisville and Nashville have asked the president to pay them a visit and he has agreed to do it before he starts for Alaska in the summer. It is probable that when the president goes to Louisville and Nashville he will arrange to stop in Chattanooga and it is probable that he will visit the battle field near that city.

GEORGE CLINTON.

FALSE AND TRUE DISCIPLESHIP

Sunday School Lesson for Feb. 27, 1910
Specially Arranged for This Paper

LESSON TEXT.—Matthew 7:13-29. Memory verses, 13, 14.

GOLDEN TEXT.—"Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven."—Matt. 7:21.

TIME and place same as in previous lessons.

Suggestion and Practical Thought.

I. The Only Way of Entrance into This Kingdom is Through the Narrow Gate of Obedience to His Laws.—Vs. 13, 14. "Enter ye in" to the kingdom of heaven, eternal life, the Christian life. "At," or by, "the strait gate." The narrow, difficult gate. "Strait" here is a different word from "straight," and is still used in such expressions as "He is in a strait," i. e., a narrow place, or "the straits (the narrows) of Gibraltar." "Strait is the gate, and narrow is the way" (Gk.), compressed, pinched, strained, "which leadeth" (Gk.) leadeth away from destruction, "unto life," the true life, the life of heaven on earth, eternal life. "Few there be that find it." A fact at the time. He does not say it will always be so, he does not say it must be so.

Note that the narrowness of the gate is a necessary fact, inherent in the very nature of things. The narrowness of the gate is not confined to the kingdom of heaven. The gate to every best good is narrow.

II. Strive to Enter, for the Gate to Destruction is Wide.—V. 13. In Luke (13:24) we are urged to strive, to agonize like an athlete with his whole nature, to enter in. Compare the parables of The Pearl, The Hid Treasure. "For wide is the gate, and broad is the way, that leadeth to destruction." There are a multitude of sins, each of which is a way to ruin. The end of sin is destruction. It destroys life, health, happiness, hope, heaven. The destruction begins in this world; it is completed in the next.

III. A Warning Against False Teachers.—Vs. 15-20. Beware of false prophets. A prophet is one who speaks under divine influence, a revealer and interpreter of God's will. A false prophet was therefore one who pretended to speak God's truth, when he did not, one who spoke falsehood in God's name. Come to you in sheep's clothing, hidden under the fleece of a sheep, so as to look like a sheep, as in Aesop's fable.

"But inwardly they are ravening wolves." Those who snatch away by force, like the harpies in Virgil, whose name comes from the Greek word for "ravening." "How can we know who are false teachers?" 16. "Ye shall know them by their fruits," by their conduct, and the results to those who follow their teachings. In time their real nature will appear in their acts.

"Do men gather grapes of thorns." The beatitudes, the fruits of the Spirit, from bad hearts and bad principles. 17. "Every good tree bringeth forth good fruit," fruit according to its nature. This is not only the test, but also shows us how to obtain good fruit, as in Luke 6:43.

IV. Not Professors but Character and Deeds will enable one to belong to the kingdom.—Vs. 21-23. "Not every one that saith unto me, Lord, Lord," thus making a profession of being his disciple. "But he that doeth the will of my Father."

V. The Rock Foundation of Our Hopes to Become Members of the Kingdom. The Lord pictures two houses, one built by a wise man, the other by a foolish man. "The house is the general fabric of an outwardly religious life." The house contains a man's expectations of happiness, his prosperity, his success, his whole future, all that into which he puts his labors, his love, his time, his hopes. It is where he lives. Whosoever heareth these sayings of mine. "Both classes of men hear the word. So far they are alike. In like manner the two houses have externally the same appearance." The same storm beats upon both. 25. "The rain descended, the floods came, the winds." These represent persecutions, temptations, evil influences, bad companions, worldly pleasures, appetites and passions, all Satan's weapons of attack.

So our Master himself grew in his boyhood. There was plenty of evil to test him and to train him by victory. But his home was also near the great routes of travel, within hearing distance, as the boy grew older, of the luxuries of the rich, and the crimes of Rome. "The perfection of his purity and patience was achieved, not easily, as behind a wide fence which shut the world out, but amid rumor and scandal, with every provocation to unlawful curiosity and premature ambition.

Walter Besant says, "It was not as a rustic preaching to rustics that our Lord went about."

Often our trials act as a thorn hedge to keep us in good pasture; but our prosperity is a gap through which we go astray.—Anon.

Rev. C. F. Aked, pastor of the Fifth Avenue Baptist church of New York, says that while he believes in immersion, he does not think it is of enough importance to justify the maintenance of a separate denomination on that distinctive practice alone.

The National Free Church council of Great Britain, like the American Federation of Churches, which met in Philadelphia last summer, has refused to admit Unitarians into its membership, and has put the word "Evangelical" into its name.

Some Luxuries Needed.

Those stern economists who are pointing out that the people of small means ought to abandon "luxuries," forget that even such people have a moral right to something beyond the bare necessities of life. The rapid increase in prices does not mean to them cutting out more extravagances, but forgetting the modest recreations which have brightened for them the dull round of daily labor. It would be a hard world indeed where one could obtain just enough to keep body and soul together, and no more.—Providence Journal.

These Knowing Children.

"Come here, Mamma, dear. Look at this beautiful Misty girl. Isn't she lovely? I don't think Misty ever drew a more charming figure!" "Do you think, papa, that this is the model that used to sit on Mr. Misty's knee?"—Cleveland Plain Dealer.

An Idle Threat.

Son—No, sir, father, I absolutely refuse to go to work.
Father—Careful, boy; don't you make such idle threats to me.

Beautiful Post Cards Free.

Send 4c stamps for five samples of our very best Gold and Silk Finish Birthday, Flower and Motto Post Cards; beautiful colors and loveliest designs. Art Post Card Club, 702 Jackson St., Topeka, Kan.

Outward appearances are often misleading. One can't always tell what is in a man and a mince pie by their looks.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROV'S signature is on each box. 25c.

Commonplace though it may appear, this doing of one's duty embodies the highest ideal of life.—Smiles.

ALLEN'S LUNG BALM is the old reliable cough remedy. Found in every drug store and in practically every home. For sale by all druggists, 25c, 50c and \$1.00 bottles.

If you want to test a man's character watch and see what creates in him an enthusiasm.—Angela Dickens.

Mrs. Winslow's Soothing Syrup. For children teething, soothes the gums, reduces inflammation, cures colic, cures wind colic. 25c a bottle.

Landlords and tenants can never see through the same spectacles.



Despair and Despondency

No one but a woman can tell the story of the suffering, the despair, and the despondency endured by women who carry a daily burden of ill-health and pain because of disorders and derangements of the delicate and important organs that are distinctly feminine. The tortures so bravely endured completely upset the nerves if long continued. Dr. Pierce's Favorite Prescription is a positive cure for weakness and disease of the feminine organism.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

It allays inflammation, heals ulceration and soothes pain. It tones and builds up the nerves. It fits for wifehood and motherhood. Honest medicine dealers sell it, and have nothing to urge upon you as "just as good." It is non-secret, non-alcoholic and has a record of forty years of cures. Ask Your Neighbors. They probably know of some of its many cures.

If you want a book that tells all about woman's diseases, and how to cure them at home, send 21 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 31 stamps. Address Dr. R. V. Pierce, Buffalo, N. Y.



For Rheumatic Pains

As we get older the blood becomes sluggish, the muscles and joints stiffen and aches and pains take hold easier. Sloan's Liniment quickens the blood, limbers up the muscles and joints and stops any pain or ache with astonishing promptness.

Proof that it is Best for Rheumatism.

Mrs. DANIEL H. DIEHL, of Mann's Choice, R.F.D., No. 1, Pa., writes:— "Please send me a bottle of Sloan's Liniment for rheumatism and stiff joints. It is the best remedy I ever knew for I can't do without it."

Also for Stiff Joints.

Mr. MILTON WHEELER, 2100 Morris Ave., Birmingham, Ala., writes:— "I am glad to say that Sloan's Liniment has done me more good for stiff joints than anything I have ever tried."

Sloan's Liniment

is the quickest and best remedy for Rheumatism, Sciatica, Toothache, Sprains, Bruises and Insect Stings.

Price 25c., 50c., and \$1.00 at All Dealers.

Send for Sloan's Free Book on Horses. Address

DR. EARL S. SLOAN, BOSTON, MASS.



CURES CONSTIPATION, BILIOUSNESS, RHEUMATISM, STOMACH AND LIVER COMPLAINT

GET A 25c BOX ALL DRUGGISTS

Nature's Remedy EASY—SURE TO ACT

BETTER THAN PILLS FOR LIVER ILLS

A. H. LEWIS MEDICINE CO., ST. LOUIS, MO.