

Does Backache Worry You?

Many who suffer with backache and weak kidneys are unusually irritable and fretful. Bad kidneys fail to eliminate all the uric acid from the system, keeping you "on edge" and causing rheumatic, neuralgia pains.

When your back aches, and you notice signs of bladder irregularities, suspect your kidneys and begin using Doan's Kidney Pills, the best recommended special kidney remedy.

An Arkansas Case

Mrs. Joseph Gross, Church St., Morrilton, Ark. says: "For weeks I was all double over with pain. I became so dizzy I had to grasp something to keep from falling and my ankles were swollen to nearly twice their natural size. None of the doctors understood my case and I felt myself sinking lower day by day. I improved rapidly through the use of Doan's Kidney Pills and before long, was entirely cured."



Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., Buffalo, New York

HAS A PETRIFIED WATERFALL

One of the Natural Wonders of the World That is Located in Country of Algeria.

With all the beauty of a cataract of living water, there is in Algeria a remarkable petrified waterfall which recently has been engaging the attention of scientists. This is the Hamam-Meskutin, which means "The bath of the damned," and is located 62 miles from Constantine. This solidified cascade is the production of calcareous deposits from sulphurous and ferruginous mineral springs, issuing from the depths of the earth at a temperature of 95 degrees centigrade.

"The bath of the damned," even from a near viewpoint, looks for all the world like a great wall of water dashing into a swirling pool at its foot, yet its gleaming, graceful curves and the apparently swirling eddies at its base are as fixed and immovable as if carved from the face of a granite cliff.

Many centuries have, of course, gone to the making of the deposits, and the springs were well known to the ancient Romans. The name Hamam-Meskutin was given to the stone cataract in an allusion to a legend that the waterfall was petrified by Allah, punishing the impiety of unbelievers by turning all the members of the tribe into stone. At night, so the story runs, its stone dwellers of the remote ages are freed from their strange fetters, come to life and resume their normal shapes.

Almost the Speed Limit.
"No man is a coward—to himself," said the Civil war veteran, oracularly. "At Chattanooga, one of the men in my company left early in the action, and no one saw him till after the battle, when he appeared in camp unwounded and unabashed. Some of the boys accused him of running away, but he wouldn't admit it."
"I only retreated in good order," he declared.

"I heard of the matter, and a few days later I asked him if he had any idea how fast he had 'retreated.'"
"Well, I'll tell you, cap'n," he said. "If I'd been at home, and going after the doctor, folks that see me passin' would have thought my wife was right sick!"—Youth's Companion.

Both True.
"I heard quite a paradoxical remark the other day."
"What was it?"
"That though there is no excuse for crime, there is generally a warrant for it."

And some men talk to themselves because they like an appreciative audience.

Everybody From Kid To Grandad Likes

Post Toasties

Thin, crisp bits of white Indian Corn, cooked to perfection and toasted to a delicate brown without the touch of human hand.

You get them in the sealed package

Ready to Eat

A dish of Post Toasties for breakfast and lunch, with thick cream or rich fruit juice, is a dish that epicures might chortle over.

Nourishing, economical, delicious, "more-ish."

PLOWS FOR THE WEST

Two-Furrow Gang Implement Most Popular for Horses.

Percentage of Work Done by Mechanical Power is Rapidly Increasing Each Year—Greater Variety of Equipment Required.

The walking plow is not a practical implement for regular use on the average farm in the west, owing to its waste of human labor. The large area cultivated makes the two-furrow gang plows the most generally popular when pulled by horses. The large area of level land, free from obstructions, has created a remarkable field for the engine gang plow, and the percentage of plowing done by mechanical power is rapidly increasing each year. In this section the mold-board plow is by far the most popular, writes L. W. Ellis in the Denver Field and Farm. The disk plow is used considerably in land which has first been subdued by the use of the moldboard. When the soil contains much clay or gypsum and lime, the steel moldboard scours better than the chilled. Cast shares can be used with either moldboard in all but a few soils, and are cheaper than the steel lays. The use of larger animals has been accompanied by a gradual increase in the average size of plows, even in the last decade.

On the irrigated farms the two-way sulky plow is growing in favor, owing to the fact that no dead furrows are left to interfere with the distribution of water. This is a curious and unpremeditated adaptation of a plow originally designed especially for hilly ground in New England, and it is about the only thing we had back in the Pennsylvania mountains. Disk plows are used to subdue much of the sage brush prairie found in the west and increases in favor toward the southern latitudes. The topography and size of our grain farms in Colorado, Oklahoma, Texas and New Mexico favor the use of mechanical power and engine gang plows. Probably four-fifths of the traction outfits include the disk engine gang. Conditions in our western states require a greater variety of farm equipment than in any other section and practically every type of plow found elsewhere in the United States is used. Here the land varies from level to mountainous, the farms from tiny patches of highly valuable fruit and truck crops to immense grain ranches.

We have all climates and altitudes. The great diversity of crops, the variation in kind and depth of soil, make the depths of plowing widely different in different sections. Not only are the conditions varied in the extreme, but much more severe than those prevailing east of the Rocky mountain plateaus and the demand for any particular type of plow is limited. Neither machinery nor agriculture is standardized. It is therefore difficult to interest eastern manufacturers in providing plows fully adapted to our local needs. The same conditions discourage the establishment of factories on the western coast, although many circumstances are favorable. Buildings are cheaper than in the east and labor often as cheap. Crude oil furnishes cheap fuel and freight rates on raw material from eastern mines are less than on finished products. Only local manufacture or closer study by eastern makers will result in plows satisfactory for every condition. The plows must be made heavier, stronger, of better material and more simple. The sand and gravel in the soil call for chilled, rather than soft center, steel in plow bottoms, and in dry land the disk plow is popular. It allows plowing to be done in the fall. The pumice in volcanic ash soils necessitates the use of a chilled plow. The soil is more easily pulverized, hence a lower, straighter and less sharply curved moldboard is used than in the heavy soils. Prairie breakers are not extensively used.

SOUND ADVICE ABOUT SHEEP

Good Ewe Will Prove Serviceable for Eight Years—Early-Sowed Rye Makes Good Pasture.

Sheep may be bred at 16 months of age, and a good ewe will prove all right for seven or eight years. I have kept them longer, writes D. B. Phillips in Practical Farmer, but only when their qualities were beyond par. One good ram, if kept separate from the ewes, may be bred to seventy-five ewes, but the lambs will be stronger if less service is required. The Downs or Leicester, as well as the Cotswolds, give good results crossed with the ordinary ewes.

Early-sowed rye makes an excellent spring pasture for sheep. Sheep can no more thrive without care, feed, water and shelter than any other farm animal. Straw sheds or one made of cedars, will be sufficient until lambing time is near, then good, warm sheds must be provided for early lambs. The weak ones must be helped up. If the mother refuses to own them, milk a bit of her milk on the disowned offspring's head and she will give no further trouble. A little care, forethought and preparation will mean dollars in the pocket and increased flock of sheep in the field.

Feed Regulates Flavor.
There is no foundation for the assertion that the sweet, rich flavor of the egg belongs to the breed. That condition can only be brought about by the quality of the feed.

The Holy Spirit

By REV. JAMES M. GRAY, D. D.
Dean of the Moody Bible Institute
Chicago

TEXT—"Have ye received the Holy Ghost since ye believed?" Acts XIX, 2.



Paul met certain disciples in Ephesus whom at first he supposed to be Christian disciples, but in whose testimony there was that which led to the inquiry, "Have ye received the Holy Ghost since ye believed?" It is evident, therefore, from these words and from the sense that it is one thing to be a disciple, and another thing to "receive the Holy Ghost." This brings up the whole question as to the relation of the Holy Spirit to the disciple, or the believer in Christ.

1. The personality of the Holy Spirit. We should keep in mind that the Holy Spirit is a divine person. Personality consists in self-consciousness and free will, and that the Holy Spirit possesses personality in this sense is evident from three things: (a) He has the attributes of personality; (b) He does the works of a personality; (c) He has the names of a personality. Speaking of his attributes, there is one which, more than any other, helps to a realization of his personality. His attribute of love, which is referred to only in Romans 15:30. Do you know that the Holy Spirit loves you, as a believer in Christ, with a love in some sense distinct from that either of the Father or the Son? How marvelously near that brings him to our hearts! The Father's love manifested itself in the giving of his Son; the Son's love in the offering of himself upon the cross, and the Holy Spirit's love in taking up his abode in us.

2. The indwelling of the Holy Spirit. This brings us to the second thought, viz., the indwelling of the Holy Spirit. That indwelling was promised in John 14:16-17. He had dwelt "with" the disciples therefore, but he was to dwell "in them" by and by. He had been as a power acting on them from without, but thereafter he was to influence them from within. The promise was renewed again in Acts 1:4-5, where the indwelling was spoken of as the "baptism" of the Holy Spirit. The realization came on the day of Pentecost, when the disciples were indwelt, baptized and indwelt with the Holy Spirit at one and the same time.

This transaction, however, as far as the first two terms are concerned, was not limited to the church assembled on that day, but applies to the whole church since. Such would seem to be suggested by I. Corinthians, 12:12-14, where 20 years after Pentecost we are taught that as believers "we were all baptized by one Spirit into one body." What "body" is meant if not the body of Christ, the church? And what "baptism" if not that "one baptism" on the day of Pentecost?

3. The filling of the Holy Spirit. But while the first two terms of that transaction on the day of Pentecost, the indwelling and the baptism (which are one) were for the whole church potentially, and for all time, yet the same does not apply to the third, the filling of the Holy Spirit. There is but one indwelling, but many fillings. We gather this from Acts 5:31, where the same persons who were "filled" on the day of Pentecost were re-filled on a subsequent occasion. And again, in Acts 6, when men are to be chosen to the office of deacon it must be by those who are "full of the Holy Spirit," as if some were thus spiritually equipped while others were not. It is something corresponding to this, therefore, which Paul has in mind in our text, when he said: "Have ye received the Holy Ghost since ye believed?" The reception of the Holy Ghost on their part resulted in an endowment of power, but in other places of the Acts, notably the fourth chapter, it is seen to have resulted not only in the spirit of power, but of unity and love. It is this that we ministers, evangelists and Christian workers need in order to accomplish her mission for Jesus Christ on earth.

How may the fillings of the Holy Spirit be received by the believer on the Lord Jesus Christ? Prayer, obedience and faith seem to be the only conditions, if they may be called conditions. Speaking of faith, there is a sense in which the gift of the Holy Spirit, i. e., the filling of the Holy Spirit, should be received by as definite an act on our part as that by which we laid hold of salvation through Jesus Christ; but this faith is not likely to be experienced where obedience is not present. "God giveth the Holy Ghost to them that obey him," Peter says (Acts V.), and this agrees perfectly with the teaching of the Old Testament in Proverbs 1: "Turn ye at my reproof, behold, I will pour out my spirit unto you." Nor is this obedience merely occasional with some great thing, but it is to be usual and common in the little things.

REALLY A SOUND INVESTMENT

Sanatorium Where the Tuberculosis May Be Cured is Worth Much to Any State or City.

Dr. H. L. Barnes, superintendent of the Rhode Island State sanatorium, has recently demonstrated by some interesting studies of patients discharged as "apparently cured" from that institution, that a sanatorium is a sound investment for any state or city. The gross earnings of 170 ex-patients obtained in 1911 amounted to \$102,752, and those of 211 cases in 1912 to \$112,021. By applying the same average earnings to all ex-patients of the sanatorium living in 1911 and 1912, Dr. Barnes concludes that their income in these two years was \$551,000. This sum is more than three times the cost of maintenance of the sanatorium including interest at 4 per cent. on the original investment and depreciation charges. Dr. Barnes concludes, however, "While institutions for the cure of tuberculosis are good investments, there is good reason for thinking that institutions for the isolation of far advanced cases would be still better investments."

HANDS ITCHED AND BURNED

Abbotsford, Wis.—"My son had eczema on his hands for about one year. The eczema started with a rash. His hands were sore so he could not close them, and when he wet his hands they hurt him so he could hardly wash. His hands itched and burned just terrible and if he would scratch them, they would break out into sores. He could not get any rest or sleep, and his hands looked quite bad.

"We had medicine and salve and it kept getting worse all the time. I got some Cuticura Soap and Ointment, and after washing his hands with the Cuticura Soap and putting some of the Cuticura Ointment on two times a day and tying cloths on them for about six months they got well and have not broken out since. Cuticura Soap and Ointment cured him entirely." (Signed) Mrs. Lawrence Klehl, Feb. 13, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skln Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

A Negative Merit.
She—Have you any strawberries?
Dealer—Yes'm. Here they are, a quarter a box.

She—Goodness! They're miserable looking, and so green.
Dealer—I know, mum, but there ain't enough in a box to do you any harm.

Most Intensive.
"Do you believe in intensive gardening, Mrs. Hoehake?" asked the visitor.

"Well, rather," said Mrs. Hoehake, "I spent all last winter raising one gentleman in a soap box."—Harpers Weekly.

Admiring Solicitude.
"What do you think of our new battleship?" asked the naval expert.
"Wonderful," replied the plain business man; "only it does seem a shame to risk anything so handsome and expensive in a fight."

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated tiny granules. Adv.

Politics is a good game, but a might poor business.

It's better to deliver the goods than to be caught with them on your.

Quite Apparent.
"Do theatrical angels have wings?"
"Certainly. That is how their money flies."

FOLEY KIDNEY PILLS

Are Rich in Curative Qualities FOR BACKACHE, RHEUMATISM, KIDNEYS AND BLADDER

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Six Varieties of
"The Quality Biscuits of America"

Free to YOU—a dandy "Surprise Box" of Assorted Sunshine Biscuits—so you can test them.

Biscuits

are made in the lightest, cleanest bakery in all the world and are so delicious in every variety that we want to prove their goodness to you—for we know if you once try them, you'll accept no other. Please mail the coupon today.

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\$4.50 AND \$5.00

BEST BOYS SHOES in the WORLD
\$2.00, \$2.50 and \$3.00.

The largest makers of Men's \$3.50 and \$4.00 shoes in the world.

Ask your dealer to show you W. L. Douglas \$3.50, \$4.00 and \$4.50 shoes. Just as good in style, fit and wear as other makes costing \$5.00 to \$7.00—the only difference is the price. Shoes in all leathers, styles and shapes to suit everybody.

If you could visit W. L. Douglas large factory at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price.

If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory and save the middleman's profit. Shoes for every member of the family, at all prices, by Parcel Post, postage free. Write for illustrated catalogue. It will show you how to order by mail, and why you can save money on your footwear.

W. L. DOUGLAS - Brockton, Mass.

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Do you want Door Locks that will work right? Then buy Russell Locks, known for Durability, Safety and Elegance.

Always look well.

Russell & Erwin Mfg. Co.
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We attach our Double Guaranteed Quality Tag on them.

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Better than Cord and Weights. Absolutely Silent. Practical for either Old or New Houses. Easily put in. Will carry any kind of window. Clock Spring, Steel Springs, Bronze Tape. Will work satisfactorily where Cord and Weights cannot be used.

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