ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis .- "I am the mother of fourteen children and I owe my life to



Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I

healthy and recommend your Compound to other ladies." -Mrs. MARY RIDGWAY, Durand, Wis.

A Massachusetts Woman Writes: Blackstone, Mass. - "My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well." -Mrs. PIERRE COURNOYER, Box 239, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backsches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

The Flat Dwellers' Garden. Indulge your love for flowers to the extent of buying a few daffodills or other spring flowers for the living room once or twice a week. If you haven't yet done so, cut some sprigs of forsythia and put them in water, to blossom in the house.

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys If Bladder Bothers You-Meat Forms Urio Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority. because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and uninary ir-

ritation. The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good phases of take a tablespoonful in a glass of water before breakfast for a few days water before breakfast for a few days Jad Salts from any good pharmacy; This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad S: s cannot injure anyone; makes a delightful effervescent lithiawater drink which millions of men and avoiding serious kidney disease.-Adv.

When a man discovers that he has had sufficient he usually discovers that he has overestimated his capacity.

CLEAR RED PIMPLY FACES

Red Hands, Red Scalp With Cuticura Soap and Ointment. Trial Free.

The soap to cleanse and purify, the Ointment to soothe and heal. Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, they meet every want in toilet preparations.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L. Boston. Sold everywhere.-Adv.

Uneasy rests the aching tooth that wears a crown.

Sudden Death Caused by Disease of the Kidneys

The close connection between the heart and the kidneys is well known nowadays. When kidneys are diseased, arterial tension is increased and the heart functions are attacked. When uremic poisoning occurs and the per- from what is commonly called a cold son dies, and the cause is often given as heart disease, or disease of brain

or lungs. It is a good insurance against such trial package of "Anuric"—the latest to good health. The weak, run-down discovery of Dr. Pierce. When you debilitated condition which so many suffer from backache, frequent or people experience is commonly the efscanty urine, rheumatic pains here or fect of impure blood. "Medical Discovthere, or that constant tired, worn-out ery" not only cleanses the blood of im-It's 37 times more potent than lithia, purities, but increases the activity of feeling, get "Anuric" at the druggist. dissolves uric acid as hot water does the blood-making glands, and enriches sugar.

DOG COULDN'T TELL THEM

Faithful Companion of Dead Watchman Unable to Give Information Concerning the Tragedy.

Old White Matt, mongrel dog, had a bonnie day of it around the City Foundry company's plant, even if he didn't quite understand why he couldn't go to his master's home as usual

Matt had been around the plant five years. Often there have been sundry scraps and bones for him from workmen's lunch baskets; now and then a pat, but never such a profusion of scraps and pats as Tuesday brought.

The dog late Monday night exhibited a brand of intelligence that, in the eyes of the workingmen at least, took him out of the mongrel class.

Workmen were eating their midnight lunch in one of the plant's offices. Matt ran among them whining and crying, am now well and sniffing and barking. In the middle of it all an A. D. T. messenger burst into the plant.

"What's the matter with your watchman?" he asked. "He hasn't rung in for three hours."

Watchmen's clocks are connected with the main office of the A D. T. service.

"Where's Loney Hendricks?" the men asked. "Loney" was the watchman's name. Matt was his dog.

At the sound of the name Loney, Matt whined to attract the attention of the men. They followed the dog as he ran back and forth, crying and yelping. He led them to the first floor.

Loney's body lay still and bloody. A bullet in his head had killed him. His own revolver lay near. Suicide was the verdict of the police.

"If that dog could talk, we would know all about it," one policeman said. -Cleveland Plain Dealer.

Anything That Will Float.

In these times anything that can carry a cargo across the Atlantic is a potential gold mine. About three years ago the steamship Dunholme burned at a New Jersey pier. A wrecking company paid \$30,000 for the blackened hulk. Last month the ves sel, although it had not then been put into seaworthy condition, was sold for \$850,000 .- Youth's Companion.

Egotistic.

He-I have never met more than two really lovely women, She-Ah! Who was the other?"

The cream of society is composed of people who have money but are unable to remember how they got it.

We once heard of a woman who was younger than she said she was.

at mealtime, you can rest assured there is weakness some where in the digestive system that calls for immediate attention. This suggests a trial of

women take now and then to keep the HOSTETTER'S Stomach Bitters

It helps Nature bring back the appetite and aids digestion.

LOSSES SURELY PREVENTED

Write for booklet and testimonials.

10-does skes. Blackles Pills \$1.00

50-does pkgs. Blackles Pills \$1.00

The superfority of Cutter products is due to over 15
lears of specializing in vaccines and sorume only.

Insist on Cutter's. If unobtainable, order direct,
the Cutter Laboratory, Berkeley, Cal., or Chicago, III.



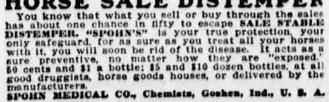
W. N. U., LINCOLN, NO. 15-1916.

After Grip Then-Spring Fever?

This is the time of year to look out for trouble! We feel weak-out blood seems hot-no appetite.-It's time to clean house! This is when the kidneys no longer pour forth waste, the blood is clogged and we suffer

> Dr. Pierce's Golden Medical Discovery purifies the blood and entirely eradicates the poisons that breed and feed disease. Pure blood is essential

the body with pure, rich blood. HORSE SALE DISTEMPER



WOMAN W. HORNUNG Author of The AMATEUR CRACKSMAN, RAFFLES, Etc.

CHAPTER XII-Continued.

Toye excepted his fate with a ready resignation, little short of alacrity. There was a gleam in his somber eyes and his biae chin came up with a jerk. "That's talking!" said he. "Now will

"Mr. Toye!" "That's talking, too, and I guess I lot more than I want the other. You needn't marry me, Miss Blanche, but you mustn't marry Cazalet."

simply outrageous-"I claim there's an outrageous cause for it. Are you prepared to swear what I ask, and trust me as I'll trust you, or am I to tell you the whole thing right now?"

Blanche was blazing. "But this is

"You won't force me to listen to another word from you, if you're a gentleman, Mr. Toye!"

"It's not what I am that counts. Swear that to me, and I swear, on my side, that I won't give him away to you or anyone else. But it must be the most solemn contract man and woman ever made."

The silver teapot arrived at this juncture, and not inopportunely. She had to give him his tea, with her young maid's help, and to play a tiny part in which he supported her really beautifully. She had time to think, almost coolly; and one thought brought a thrill. If it was a question of her marrying or not marrying Walter Cazalet, then he must be free, and only the doer of some dreadful deed!

"What has he done?" she begged, with a pathetic abandonment of her previous attitude, the moment they were by themselves.

"Must I tell you?" His reluctance rang genuine. "I insist upon it!" she flashed again.

"Well, it's a long story." "Never mind. I can listen."

"You know, I had to go back to Italy-" "Had you?"

"Well, I did go." He had slurred him. the first statement; this one was characteristically deliberate. "I did go, and before I went I asked Cazalet for an introduction to some friends of his sion. down in Rome."

"I didn't know he had any," said Blanche.

"Why, he doesn't have any," said Toye, "but he claimed to have some. kill him?" He left the Kaiser Fritz the other day at Naples. I guess he told you?" "No, I understod he came round to

Southampton. Surely you shared a "Only from Genoa; that's where I

took the steamer and Cazalet regained "Well?"

"He claimed to have spent the interval mostly with friends at Rome. Those friends don't exist, Miss Blanche," said Toye.

"Is that any business of mine?" she asked him squarely. "Why, yes, I'm afraid it's going to

be. That is, unless you'll still trust

"Go on, please." "Why, he never stayed at Rome at all, nor yet in Italy any longer than it takes to come through on the train. Your attention for one moment!" He took out a neat pocketbook. Blanche had opened her lips, but she did not Interrupt; she just grasped the arms of her chair, as though about to bear physical pain. "The Kaiser Fritz"-Toye was speaking from his bookgot to Naples late Monday afternoon,

overdue, and I was mad about it, and never got away again till the-" "Do tell me about Walter Cazalet!" cried Blanche. It was like small talk

September eighth. Seems she was

from a dentist at the last moment "I want you to understand about the steamer first," said Toye. "She waited Monday night in the Bay of Naples, only sailed Tuesday morning, only reached Genoa Wednesday morning. and lay there all of forty-eight hours. as these German boats do, anyhow. That brings us to Friday morning before the Kaiser Fritz gets quit of Italy, doesn't it?"

"Yes-1 suppose so-do tell me about Walter!'

"Why, I first heard of him at Ge noa, where they figured I should have a stateroom all to myself, as the other gentleman had been left behind at Naples. I never saw him till he scrambled aboard again Friday, about the fifty-ninth minute of the eleventh bour.

"At Genoa?" "Sure."

"And you pretend to know where he'd been?

"I guess I do know"-and Toye sighed as he raised his little book. "Cazalet stepped on the train that left Naples six-fifty Monday evening, and no farther!" off the one timed to reach Charing Cross three-twenty-five Wednesday."

"The day of the m-"Yes. I never called it by the hardest name, myself; but it was seventhirty Wednesday evening that Henry Well, Walter Cazalet left Charing

Cross again by the nine o'clock that night, and was back aboard the Kaiser Fritz on Friday morning full of his friends in Rome who didn't exist!"

The note-book was put away with every symptom of relief.

"I suppose you can prove what you you promise me never to marry Caza- say?" said Blanche in a voice as dull as her unseeing eyes.

"I have men to swear to him-ticket-collectors, conductors, waiters on mean it to be. It's not all dog-in-the- the restaurant-car-all up and down manger, either, I want that promise a the line. I went over the same ground on the same trains, so that was simple. I can also produce the barber who claims to have taken off his beard in Paris, where he put in hours Thursday morning."

Blanche looked up suddenly, not at Toye, but past him toward an overladen side-table against the wall. It was there that Cazalet's photograph had stood among many others; until this morning she had never missed it. for she seemed hardly to have been in her room all the week; but she had been wondering who had removed it, whether Cazalet himself (who had spoken of doing so, she now knew why), or Martha (whom she would not question about it) in a fit of ungovernable disapproval. And now there was the photograph back in its place, leather frame and all!

"I know what you did." said Blanche. 'You took that photograph with you-the one on that table-and had him identified by it!"

"It was the night I came down to bid you good-by," he confessed, "and didn't have time to wait. I didn't come down for the photo. I never thought of it till I saw it there. I came down to kind of warn you, Miss

"Against him?" she said, as if there was only one man left in the world. Cazalet that I was starting on his tracks."

And then Blanche just said, "Poorold-Sweep!" as one talking to herself. And Toye seized upon the words as she had seized on nothing from

"Have you only pity for the fellow?" bearded photograph without revul-

"Of course," she answered, hardly attending.

"Even though he killed this maneven though he came across Europe to "You don't think it was deliberate

yourself, even if he did do it." "But can you doubt that he did?"

cried Toye, quick to ignore the point



I Know What You Did," Said Blanche. "You Took That Photograph With

she had made, yet none the less sincerely convinced upon the other. "I some of the things he said to me on the steamer; and he's made good on every syliable since he landed. Why, it explains every single thing he's done and left undone. He'll strain every nerve to have Scruton ably defended, but he won't see the man he's defending; says himself that he can't face him!"

"Yes. He said so to me," said Blanche, nodding in confirmation. "To you?"

"I didn't understand him." "But you've been seeing him all this while?"

"Every day," said Blanche, her soft eyes filling suddenly. "We've hadwe've had the time of our lives!"

"My God!" said Toye. "The time of your life with a man who's got another man's blood on his hands-and that makes no difference to you! The time of your life with the man who knew where to lay hands on the weapon he'd done it with, who went as far as that to save the innocent, but

"He would; he will still, if it's still necessary. You don't know him, Mr. Toye; you haven't known him all your and he loves you. He may be the

"And all this makes no difference to "If you mean me, I won't go as far are his friend.

as that," said Blanche. "I must see him first

Cazalet again."

"See Cazalet?" Toye had come to his feet, not simply in the horror and indignation which had gradually taken possession of him, but under the stress of some new and sudden resolve,

"Of course," said Blanche; "of course I must see him as soon as possible."

"You shall never speak to that man again, as long as ever you live," said Toye, with the utmost emphasis and deliberation

"Who's going to prevent me?" "I am, by laying an information against him this minute, unless you promise never to see or to speak to

Blanche felt cold and sick, but the bit of downright bullying did her good. "I didn't know you were a blackmailer, Mr. Toye!"

"You know I'm not: but I mean to save you from Cazalet, blackmail or white." "To save me from a mere old friend

nothing more - nothing - all our lives! "I believe that," he said, searching her with his smoldering eyes. "You couldn't tell a lie, I guess, not if you tried! But you would do something; it's just a man being next door to hell that would bring a God's angel-"

His voice shook. She was as quick to soften on her

side. "Don't talk nonsense, please," she begged, forcing a smile through her distress. "Will you promise to do nothing if-if I promise?"

'Not to go near him?" "No."

"Nor to see him here?" "No."

"Nor anywhere else?"

"No. I give you my word." "If you break it, I break mine that minute? Is it a deal that way?" "Yes! Yes! I promise!"

"Then so do I, by God!" said Hil ton Toye.

CHAPTER XIII.

Falth Unfaithful.

"It's all perfectly true," said Caza let calmly. "Those were my move ments while I was off the ship, except for the five hours and a bit that I was away from Charing Cross. I can't dispute a detail of all the rest. But they'll have to fill in those five hours "Yes-I guess I'd already warned unless they want another case to collapse like the one against Scruton!"

Old Savage had wriggled like a venerable worm, in the experienced talons of the Bobby's Bugbear; but then Mr. Drinkwater and his discoveries had come still worse out of a hotter encounter with the truculent attorney; and Cazalet had described the whole he cried; for she was gazing at the thing as only he could describe a given episode, down to the ultimate dismissal of the charge against Scruton, with a gusto the more cynical for the deliberately low pitch of his voice. It was in the little lodging-bouse sitting room at Nell Gwynne's Cottages; he stood with his back to the crackling fire that he had just lighted him self, as it were, already at bay; for the folding doors were in front of his nose, and his eyes roved incessantly from the landing door on one side to the curtained casement on the other Yet sometimes he paused to gaze at the friend who had come to warn him of his danger; and there was nothing

cynical or grim about him then. Blanche had broken her word for perhaps the first time in her life; but it had never before been extorted from her by duress, and it would be affectation to credit her with much compunction on the point. Her one great qualm lay in the possibility of Toye's turning up at any moment; but this she had obviated to some extent by coming straight to the cottages when he left her-presumably to look for Cazalet in London, since she had been careful not to mention his change of address. Cazalet, to ber relief, but also a little to her hurt, she had found at his lodgings in the neighborhood, full of the news he had not managed to communicate to her. But it was no time for taking anything but his peril to heart. And that they had been discussing, almost as man to man, if rather as innocent man to innocent man; for even now, or perhaps now in his presence least of all, Blanche could not bring herself to believe her old friend guilty of a violent crime, guess you wouldn't if you'd heard however unpremeditated, for which another had been allowed to suffer, for

however short a time. (TG BE CONTINUED.)

"Rag-Time."

Rag time music, "being in no wise serious," is the reverse of depressing. The African jingles of the present day create an emotional atmosphere of restlessness and excitement which is typically American, and which is opposed to health only so far as our national restlessness and lack of poise tend to make us a people whose national disease is nervous exhaustion.

Roughly speaking, lively music. such as rag-time, is likely to rouse depressed persons from their melancholy; sad and pathetic music will soothe the excitable and hypernery-

One Way to Make a Friend.

There are several kinds of hypocrisy, but the one that masculinity most favors is spurious devilishness Nothing brings the beam of contentment so fervently to the medigere eye as a Don Juan accusation. Dig him in the ribs and wink as you call him a sly dogquintessence of domestic respectability, but if you will but insist that you a good and gentle woman-one of the believe him capable of maintaining a Craven got his death-blow somehow. gentlest and the best God ever made?" seragilo with consummate deceit, you

INTERNATIONAL **SUNDAY SCHOOL LESSON**

By E. O. SELLERS, Acting Director of Sunday School Course of the Moody Bible Institute, Chicago.) (Copyright, 1916, Western Newspaper Union.)

LESSON FOR APRIL 9

AENEAS AND DORCAS.

LESSON TEXT-Acts 9:32-43. (See also GOLDEN TEXT-In all things showing thyself an ensample of good works.— Titus 2:7.

Step by step the Gospei can be traced, spreading itself, but "beginning at Jerusalem." Paul's conversion is one of the greatest evidences of Christianity. The two miracles of today's lesson are additional evidence that it is of God.

I. At Lydda (vs. 32-35). Caligula,

emperor of Rome in A. D. 39, ordered his statue to be erected in Jerusalem that he might be worshiped as a god there as elsewhere. The excitement and conflict which arose in opposition to this sacrilege lasted for two years, during which time Christian persecutions ceased. Following Saul's visit at Jerusalem, and during this time of quiet. Peter made this tour of visitation. Lydda (modern Ludd) is about twenty-five miles northwest of Jerusalem. Here dwelt certain saints (v. 32) literally "holy ones," converted disciples of Christ, not ones of special honor, for all who are members of the body of Christ, are "saints" (Phil. 1:1). Here also dwelt Aeneas, "a certain man," possibly not a believer, but having great need (v. 26:3:2; 10:1, 14:8; 9:10), and of years stand ing (v. 33). Notice Luke, the physician's careful record. Peter must have seen many such, yet this man is one Peter "found"; he was evidently looking for him. Peter's pity was not sentimental but practical and his words powerful, for back of them was the Living and Powerful Christ. He knew who could work a cure. The long weariness is to be relieved. Yet those days of illness gave time for meditation and probably prepared the man's heart to respond in faith to Peter's words. Peter does not attract attention to himself, but rather to Jesus. His was but to be the instrument of the cure. The healing was a means to an end, for when those who dwelt in Lydda and Sharon (v. 35) heard of the miracle, or saw this healed man, it was to them a demonstration of the power of the risen Christ, and they "turned to the Lord" (v. 35). There is no comparing Peter with medern "healers." Peter's words and actions were a living demonstration, not for profit, of the power of Jesus in his life and testimony.

II. At Joppa (vs. 36::43), Jopps

was the only seaport the Jews ever

possessed for themselves. It was and

is still a rather insignificant town,

and now marks the beginning of the railroad leading to Jerusalem, 35 miles distant. No name is recorded of any of its rich or prominent citizens, only that of an humble woman. The record of her life, however, is inspiring (v. 36), and her name is a common one adopted by organizations of women. Like her master her life was full of "good deeds"; like him she was not ministered unto, but ministered. This is real greatness and it is open to all of us. Her name "Tabitha" (Hebrew), Dorcas (Greek), means gazelle, which in the East is a favorite type of beauty. This "certain disciple" was beautiful in life as well, for she was first a believer, then a doer. We believe in order to do, not do in order to believe. This woman is an example of the wise and capable woman mentioned in Prov. 31:10-31, a picture well worth studying in these days of the "feminist movement." She is a good type to be followed by church women, and by us all in the fact that her reputation rested upon deeds "which she did" (v. 36), not ones she was about to do, nor did she wait for some great opportunity of service. The life of Dorcas reveals one of the causes of the triumph of Christianity in the Roman empire. It was a source of wonder that those early Christians should so love each other. The reason why Dorcas was allowed to die lies in the providence of God. He leved his work and this recorded incident has served to raise up multitudes of other Dorcases. Her death also reveals that being "full of good works and alms deeds" does not exempt his servants from sickness and death, and that God evidently has other purposes in sickness than to chastise our sin or to humble our pride (John 9:3, II Kings 13:14). The friends of Dorcas were folks of faith, for as yet there was no case of apostolic power to raise the dead so far as we know, and it was now about ten years after the resurrection of Christ. Peter followed the example of his Lord (Luke 8:2, 54), dismissed all spectators and "prayed" (v. 40). The way to revive a dead pastor, church, school, personal experience, or person "dead in trespasses and sins," is by prayer. Peter also did as he had seen his Master do to his mother-inlaw (Mark 1:30, 31), and gave Dorcas his hand to help her arise.

This gave an opportunity for fruitful work among the converts (v. 41) and the enlistment of many new believers (v. 42), so that Peter abode in Joppa for some time in the house of "Simon, a tanner."