

TO OBTAIN THE HIGHEST DEGREE OF EFFICIENCY

Special attention must be paid to the diet, and regularity must be promoted in the Stomach, Liver and Bowels

You can help Nature wonderfully by trying

HOSTETTER'S Stomach Bitters

Marriage Bonds.

After the screen wedding Mr. Kross turned to his little boy, remarking, "Wasn't that pretty?"

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhea.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Professional Announcement.

Mrs. Knicker—What is your trade? Weary Willie—I'm a diet squad mum.—New York Sun.

Soon Recover.

We sometimes get ashamed of ourselves, but it doesn't last long.—Kansas City Journal.

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine.

There is an average of about 350 births and 70 deaths a day in London.

Honolulu has 2,500 automobiles.



There was a young lady named Banker, who slept while the ship lay at anchor; She woke in dismay when she heard the mate say, "Now hoist up the top sheet and sparker."

Boschee's German Syrup

handy there is no need to worry. It gently soothes inflammation, eases the cough, insures a good night's sleep, with free expectoration in the morning.

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis

FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2 a bottle delivered. Book 6 M free.

ABSORBINE, JR., for mankind, the antiseptic treatment for Boils, Bruises, Sore, Swellings, Varicose Veins, Ailurs Pain and Inflammation. Price \$1 and \$2 a bottle as directed or delivered. Will tell you more if you write.

W. F. YOUNG, P. D. F., 210 Temple St., Springfield, Mass.

"ROUGH ON RATS" Binds Rats, Mice, Bugs, etc. outdoors. Use and see.

TRAINING TODAY'S BOYS AND GIRLS

The Dabbling Adolescent and Value of Her Fads.

ADVENT OF NEW POWERS

Period When All the Possibilities of the Child Come to the Front and He Feels He Can Do Anything.

By SIDONIE M. GRUENBERG.

AFTER dinner the grown-ups sat about on rockers down on the lawn while the younger people danced on the wide veranda to the music of a phonograph.

A father was saying that so far as he could observe the chief reason for the high cost of living was to be found in the fact that the young people are so fickle in their tastes. He did not remember just how many dollars—but they were many—his son Percy had invested in cameras and ruby lights and dishes and chemicals less than a year ago, and now he did not care a bit for photography—was going in for geology, and had decided to go to college just to have a chance to study that.

Father thought that he might have stuck to photography and finally worked into the business—it is a pretty good business—or he might have made up his mind about geology last year and have saved all that money.

Mrs. Darling felt the same sort of grievance, for her Genevieve had made such a muss about the house with her photographs and things, and now she hardly ever takes her camera out. Indeed, Genevieve has had four hobbies since she took up with the camera—there was raising pansies, and hand-painted china, and the foreign missions, and now it's dancing. The Darlings never mention the cost of anything; but such shifting and restlessness is very distracting.

Another mother observed that after all we have to expect to do a great deal for our children, but she did fear that her son was frittering away altogether too much time in ways that would prove to be unprofitable. He gave up collecting stamps when his album was far from full, and there it was, after all that work, doing nobody any good. And it was the same way with his wireless telegraph. They had had so much trouble getting a permit for the masts, and he had worked so hard studying the codes until he was able to pick up all sorts of curious and interesting messages (the mother could not conceal her pride behind her complaints), and now all was abandoned since he met that North boy, who interested him in ants! What all this would lead to goodness only knew, and she was patient enough, goodness also knew.

And Mr. Burrows, who dreaded the water, felt the same way about it; for had not his son dabbled about in a dozen—yes, a score—of useless hobbies, only to turn around suddenly with his mind made up to enter the Naval academy next year, when he would be old enough? As if there were not a hundred excellent things to do on the solid earth! And he proceeded to enumerate some of them, though he stopped long before he reached ten.

But the fathers and mothers in the party worried together more than they had a right to. Or at least, if



And Now It's Dancing.

they were entitled to all that worry they worried in the wrong direction. The young people, if they are fairly healthy, and if they are fairly free to find out about what's going on in the world, and if they are fairly free to go in for things that do not bring in money—or especially if they have a chance to go in for things that cost money—are quite sure to take up one absorbing hobby after another. It is just because there are so many excellent things to do on the solid earth—and in the air, and in the water, too—that they need several years to find out which they would rather do. And apparently the only way to find out is by trying the feel of them all.

Of course, this is rather expensive, because the things with which they clutter up the house are never used up entirely, and they form a worthless collection of junk to mark the meanderings of the adolescent mind. But the most serious concern is not the cost in money, for where the money

is not to be had we find the same tendency to jump from one interest to another. The fear of adults is always that the growing girl or boy will become a dabbler, a "rolling stone," an unsettled wanderer without definite purpose or goal. And it must be admitted that once in so often a person reaches years of maturity without having found a guiding aim in life.

For the adolescents in general, however, this rapid shifting of interest seems to be the normal manifestation of the rapid development going on within the organism. The changes in the nervous system bring forth a multitude of new interests and new impulses, which simply cannot all find expression at the same time and which crowd upon each other in such fashion that now one and now another breaks to the surface in quick succession.

To people of comparatively fixed habits and conventionalized standards these fickle ways are not only annoying but often even alarming. Those of us who cannot remember the golden days when we wavered between the operative stage and a lonely island in the South sea, or between saving the world from selfishness and sin and becoming the chief of a band of brigands simply cannot understand this fickle-



Became Interested in Ants.

ness. It does seem so inconsistent, so unreasonable; and what will it all lead to?

The adolescent years are those in which the child feels that he can do anything that older human beings can do; and, in truth, no one has yet found the limits of what he can do. The rapid growth in physical and mental strength gives rise to the feeling of unlimited growth; and past performances quickly lose their interest with the advent of new powers. All the possibilities of the child come to the front, and it is only as these are tried out that the most profitable lines of development can be discovered.

The danger for most children during this period of growth and impression is not in the dissipation through contact with too many lines of interest, but in the lack of opportunity to try out enough to give a broad sympathy in sentiment, a wide outlook in intellect and a wise choice of permanent interest.

Let the children dabble while the dabbling is good; soon it will be too late.

HONOR ACCORDED TO GREEKS

Believed to Have Been the First People to Introduce Written Almanacs to the World.

The first written almanacs probably were compiled by the Greeks of Alexandria between 100 and 150 A. D. Calendars are much older, the ancient Romans having proclaimed the first of the month and posted a notice of its occurrence in a public place. The first of the month thus came to be called "Kalends," from "I call" or "I proclaim," and thus the word "calendar" was derived.

Probably the oldest calendar in existence was found in the ruins of Pompeii. It was cut upon a square block of marble, upon each side of which three months are registered, each headed by the proper sign of the zodiac. The first almanac printed in Europe covered the years 1475, 1494 and 1513 and was published at Buda, Hungary. The first printed almanac in England was the "Shepherds' Kalender," printed in 1497. In the fifteenth and sixteenth centuries almanacs became comparatively common in Europe. The early almanacs contained many prognostications regarding "the Disposition of the People and also of the Wether"—to quote one of them, as also instruction in "Phisike and Surgery" and information about "Infortunate Times to Ble and Sell, take Medicine, Sowe, Plant and Journey, etc."

A Pair of Tricksters.

They were on leave from the front, and they had dined well and wined well, and finished at a theater.

Outside they separated, and the leader of the party was lucky enough to secure a taxi. Half way home, however, he discovered, on putting his hand in his pocket, that he was penniless. What was to be done!

The British army is never at a loss, and in a few moments he saw a way out.

He caught up the speaking tube and shouted "Stop!" Then, jumping out, he told the driver to wait.

"I just want to pop into this tobacconist's to get a box of matches. I've dropped a sovereign on the floor of the cab and I can't find it in the dark."

He entered the tobacconist's and the moment he was through the door the driver and the cab softly and suddenly vanished into the night, as he had anticipated.—Exchange.

Love's Stratagem.

Betty Bright—I think, dear, you had better speak to papa tonight.

Jack Timid—Why tonight, particularly? Is he in a good humor this evening?

Betty—Well, he's in a humor to give me to you. I arranged with my milliner, dressmaker and dentist to send their bills in to him this morning.—Boston Transcript.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago.) (Copyright, 1917, Western Newspaper Union.)

LESSON FOR FEBRUARY 4

JESUS THE SAVIOR OF THE WORLD.

LESSON TEXT—John 3:1-18. GOLDEN TEXT—For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him, should not perish, but have everlasting life.—John 3:16.

This most famous interview in history occurred probably in some room in Jerusalem where Jesus was a guest, a room reached by an outer gateway so that he could receive visitors privately.

I. The Teacher of the Jews (vv. 1, 2). Nicodemus was a member of the sanhedrin (Ch. 7:50). He belonged to the Pharisees who were much devoted to the scriptures, and in whose hand the political affairs were largely placed by the Romans. There are several reasons why Nicodemus came to Jesus by night. Prudence dictated secrecy, but that he came at all was encouraging. He was more apt to find Jesus at home in the evening. He had much that he wished to learn, and needed a quiet hour, removed from the crowd. The things that Jesus had done and taught made Nicodemus think that Jesus might be the Messiah. Nicodemus wanted to know how to be blessed or happy.

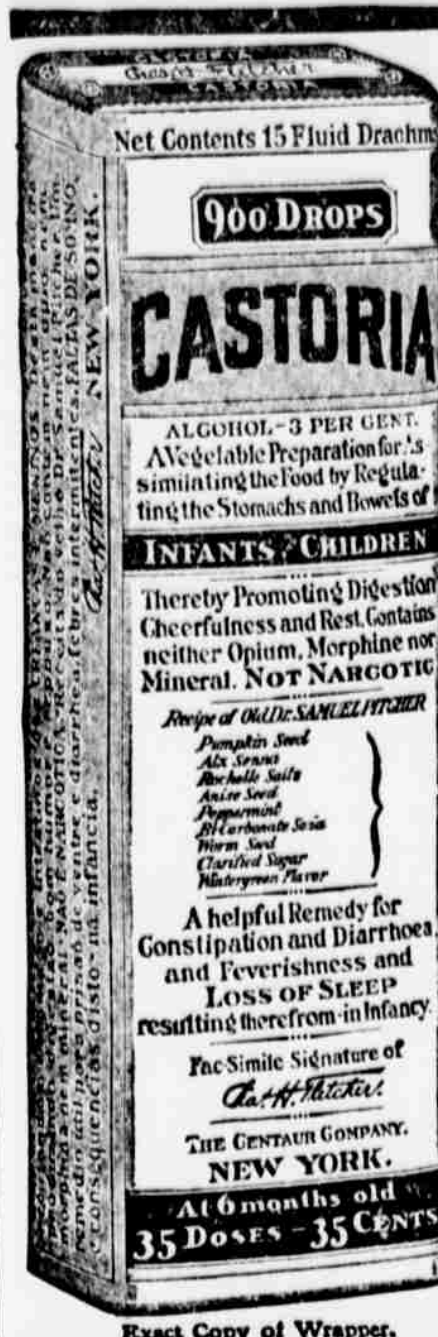
II. A Teacher From God (vv. 3-8). A great majority of the disciples of Jesus came from the common people (I Cor. 1:26) yet for all classes he had the same message, "Ye must be born again." The answer of Jesus was according to the condition of the man before him, the deepest need of his soul. Literally, he said, "Most assuredly, except a man (anyone) be born again (anew or from above) he cannot enter the kingdom of heaven." To be born anew means to be born again. It matters not what your parentage may have been. If any man could do without a new birth, Nicodemus was that man. He was moral, religious and sincere. The instrument through which this birth is effective is the word of God (I Peter 1:23; James 1:18; John 15:3) and the author is the Holy Spirit (v. 5; Titus 3:5). Water is a symbol of the word (Eph. 5:26). Literally translated, this passage would read, "Except one be born of water and wind." And as wind "by universal consent refers to one factor in regeneration, the Spirit, so the water manifestly refers to the other element of regeneration, the word." The main contention is that the word is the instrument in the regeneration. Although not expressly mentioned here, it is elsewhere. Nicodemus was a teacher of Israel (v. 10 R. V.) and yet he did not know so fundamental a truth as the new birth, though the Old Testament taught it.

III. The Pupil's Difficulty (vv. 9-13). The works of the flesh as contrasted with the fruits of the Spirit are brought out in the Epistles, yet, like Nicodemus, people are asking today, "How can these things be?" Jesus challenges Nicodemus with the words, "Art thou a teacher of Israel and understandest not these things?" What Jesus said to Nicodemus (vv. 11-13) is true of the scriptures now, especially of the New Testament. They testify to the facts which Jesus knew and revealed, he having been in heaven, and come down from heaven for the purpose of making them known. To be born implies that it is the starting point of a new life, that we must grow as a child grows to be a man until it reaches to "a perfect man unto the measure of the stature of the fullness of Christ" (Eph. 4:13).

IV. The Lesson Illustrated (vv. 14, 15, 18). Jesus believed in objective teaching, and he here refers to a memorable event in the early history of the Jews as illustrating his teaching. The journey through the wilderness to the promised land became weary and discouraging, and the Israelites complained bitterly of their hardships, complaining against God and against Moses. Punishment came in the form of fiery serpents, called fiery from the burning, stinging sensation caused by their bite. So intense was the venom of the bites that they became fatal in a few hours. This punishment made the people realize the awful evil of sin. They acknowledged their sin, and prayed for forgiveness. Moses made a brazen serpent, and carried it through the camp so that all could see, and looking became an act of faith, implying repentance and return to obedience and to God. Thus our salvation is literally, "Look and live;" believe and have eternal life; doubt and perish (Mark 16:16; John 3:36).

V. God's Greatest Gift (v. 16). This is probably the most familiar verse known to the Christian world, and has led more souls to salvation than any other in the Bible. In it is revealed the mighty God—"For God," a mighty motive—"God so loved;" a mighty scope—"God so loved the world;" a mighty sacrifice—"God so loved the world that he gave his only begotten Son;" a mighty escape—"should not perish;" a mighty gift—"eternal life."

This verse is the gospel in a nutshell; the origin and grounds of his salvation.



CASTORIA For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

Dr. J. C. Hatcher

In Use For Over Thirty Years

CASTORIA



Puts a ... Stop to all Distemper

CURES THE SICK

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles. All good druggists and turf goods houses.

SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

All He Had Was Sympathy. During the severe storm that flooded Galveston and caused some loss of life and much damage to property, an artillery officer, on leave of absence, telegraphed to his superior officer in command of the coast defenses at that point.

"Sympathy to the regiment; where are my clothes?" The answer he received was: "Sympathy from the regiment—you have no clothes."

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers—it's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority. For little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug does the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.—Adv.

Doomed. "I wrote this poem to kill time." "Well, you may be sure that time will have revenge and kill the poem."

HAVE SOFT, WHITE HANDS

Clear Skin and Good Hair by Using Cuticura—Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Besides these fragrant, super-creamy emollients prevent little skin troubles becoming serious by keeping the pores free from obstruction. Nothing better at any price for all toilet purposes.

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

Belgium's population at the outbreak of the war was 7,700,000.

He's a poor musician who is unable to play upon your feelings.

Why Rheumatism Comes With Cold Weather!

BY VALENTINE MOTT PIERCE, M. D.

A close connection exists between these two—cold weather and rheumatism. Prof. Alex. Haig, of London, has the most followers in the medical profession in the belief that the presence in the system of uric acid, or its salts in excess, is the real cause of rheumatism. Everyone has recognized the difference in the appearance of their water as soon as it gets cold; there is often a copious sediment of brickdust. Several causes may lead up to an accumulation of uric acid in the system, which, in turn, causes rheumatism or gout, or creaky joints, or swollen fingers, or painful joints. For one reason the skin does not throw off the uric acid, by profuse sweating, as in the hot weather, and the kidneys are unable to take care of the double burden. Another reason is that people do not drink as much water in cold weather as in summer, which helps to flush the kidneys. Again, they eat more meat in cold weather, and some people are so susceptible that they soon develop rheumatism after eating meat. At all such times persons should drink copiously of hot water, say, a pint morning and night, and take Anuric three or four times a day. This Anuric comes in tablet form and can be had at almost any drug store. It dissolves the uric acid in the system and carries it outward. I would advise everyone to take Anuric occasionally, and continue for three or four weeks, and in that way avoid rheumatism, gout and many of the painful disorders due to uric acid.—Adv.

Anesthesia for Dogs. For the benefit of dogs upon which surgical operations must be performed, Dr. George W. Little of the animal hospital conducted by the Society for the Prevention of Cruelty to Animals in New York has introduced a substitute for ether as an anesthetic. This is nitrous oxide and oxygen, already much used by dentists. Doctor Little has devised a muzzle that is placed over the dog's nose; the nitrous oxide gas is pumped into this till the animal loses consciousness. Then the oxygen is pumped in and the dog is safe for several hours.

The Race. "I shouldn't be surprised," said Mr. Chuggins, "if my being arrested for speeding was spite work." "How could that be?" "The man got jealous because my flivver was beating his motorcycle."

Wise men make haste but never hurry.

Neglected Colds bring Pneumonia. Look out.

CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try



CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, stimulate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Head, Stomach and indigestion, as millions know. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

W. N. U., LINCOLN, NO. 5-1917.