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Strong, indeed. "What remarkable feat in the way of lifting has the strong man accomplished lately?" "I believe he succeeded at last in raising his salary."—London Answers.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. A.D. Kindness is only loaned you. As soon as you receive it, you should pay it to somebody else.

WHY MR. LOTT DIDN'T ENLIST Explanation Afforded by Street-Car Conductor at Least Caused Him to "Get a Move On."

Joshua Lott sometimes lives up to his name, but there is a conductor on the Prospect line who should be named Josh Moore. Notwithstanding the conductor's urging to "step up in front," Lott clings to a place on the rear platform when he can in order to be able to squeeze off at McGee street with insult and injury to fewer other passengers.

Just then the 60-passenger stopped at a transfer point to let about eighty more get on, and Lott was the first to start struggling toward the front to make room for them.—Kansas City Star.

Cookery Book to Blame. Judge (sternly)—Did you steal that chicken, Sambo?

Sambo—Yes, sah. I took dat chicken. It was de cookery book told me to take it. De cookery book say, "Take one chicken." It don't say buy one chicken or borrow one chicken; it say, "Take one chicken," and it don't tell you whose chicken to take; so I took the first chicken I could lay my hands on. I followed the directions of the cookery book, sah.

Got a Laugh, Anyhow. "There is not going to be any more marrying in Indiana," said old Judge Daniels, a crusty old bachelor.

"How is that?" asked his nephew, who had just got married. "I see the legislature has passed a law forbidding weak-minded persons to marry, and they are the only ones who ever think of doing such a thing."

As old Daniels is rich, both the nephew and his young wife laughed heartily at the wit of the old man.

Riot of Color. Mrs. Flatbush—What's become of that necktie you gave your husband for Christmas?

Mrs. Bensonhurst—Oh, he's wearing it yet. "As I remember, it had all the colors of the rainbow in it." "Well, since he got careless with his eggs in the morning and lavish with the gravy at noon, he's added some other colors to it."

Wanted to Be Helped Out. Mrs. Styles—Will you come over to tea tonight?

Mrs. Myles—Surely. "And will you bring your husband?" "Why, yes." "And your knitting?" "Most assuredly." "Oh, yes! I almost forgot. And will you please bring over some sugar and coal with you?"

The Way of It. "There is a man of sterling worth." "A church member?" "No; a silversmith."

Busy Enough. "What is his hobby?" "Driving his car. His life work is tinkering under it."

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.

LESSON FOR MARCH 31

JESUS OUR EXAMPLE IN SERVICE.

GOLDEN TEXT—Let this mind be in you, which was also in Christ Jesus.—Phil. 2:5. PRIMARY TOPIC—Jesus our example in helping others.

MEMORY VERSE—Follow me.—Matt. 16:24. EASTER LESSON. LESSON TEXT—1 Cor. 15:50-58. GOLDEN TEXT—Thanks be unto God who giveth us the victory through our Lord Jesus Christ.—1 Cor. 15:55.

(Read Phil. 2:1-11.) A great many Sunday schools will probably omit the review lesson and devote the day to some special Easter exercises. This practice we cannot wholly condemn, but we would urge every school to devote some time to a consideration of the lesson text.

Review Sunday is dreaded by many superintendents, but it is a test of knowledge and skill in teaching, as well as the character of work done during the past three months.

Some condemn Bible-school teaching by comparing it disparagingly with that of the day school without taking into consideration the difference between paid and volunteer teachers, the limited time devoted to study, discipline and other features. It is manifestly unfair to judge the Sunday school by the same pedagogical standards as are applied to our public schools.

The Sunday school deals with spiritual realities and not alone with moral issues. It is a wonderful testimony to the blessing of God that with such meager equipment, training and time at our disposal, the results of the Sunday school are so wonderfully effective in the Christian development of our country. With religious education legislated out of our public-school system, almost entirely neglected in our homes, and not one family in five or six connected with the Christian church, this suggests a conditionavoring of cultured paganism. This ought not to discourage the Sunday-school worker, but rather challenge him to greater concentration and more valiant endeavor.

If a review is desired, summarize the lessons by allowing twelve classes or twelve persons to each bring in a brief digest.

Lesson 1 gives us the testimony of John the Baptist concerning the one "mightier" than himself, "whose shoes he was not worthy to unloose." Lesson 2 shows the impeccability of Jesus, in that he was "tempted in all points like as we are, yet without sin." Lesson 3 reveals him as the holy one of God, with power over unclean spirits and other sicknesses. Lesson 4 shows us Jesus as Savior who has power on earth to forgive sins. If he be not the Son of God the worship of Jesus is nothing less than paganism or idolatry. Lesson 5 shows us Jesus as Lord of the Sabbath. Lesson 6 as the Son of God, not only in his healing power but in his authority over unclean spirits with power to delegate that authority to others. Lesson 7 shows Jesus as the great teacher who will bring forth abundant fruit and eternal life. Lesson 8 shows the marvelous germinal power of the divine seed. Lesson 9 shows Jesus as the Son of God, whom even the winds and the sea must obey. Lesson 10 shows us Jesus as the Son of God with power over death. Lesson 11 shows us Jesus as not only having authority over unclean spirits, but possessing power to impart that authority to others, while Lesson 12 shows us his compassion upon the unsheltered multitude, and the exercise of his divine creative power in feeding them.

Of course such a review will be rapid and perhaps incomplete, but it will show that Jesus meets every situation and that his grace is sufficient for all the conditions of life. It will also show that his words communicate vitality to society but that their effectiveness depends upon the response which is accorded to them.

If a test is required of the pupils, a set of questions covering the work of the quarter should be prepared and given to them a week in advance, from which a half dozen might be selected for written review during the class hour. This is no theoretical plan. The writer knows of many Sunday schools where written reviews are being successfully conducted.

The Holy Land where Christ lived, suffered, died and rose again, has recently been captured from the control of the Ottoman empire, and current history indicates the probable early establishment of a Jewish state in this land of prophecy.

A Christian on his knees can get a clearer vision of heaven than a sinner can with a telescope.

The first law that God gave unto man was the law of pure obedience—for as much as to obey is the proper office of a rational soul.—Montaigne.

"It is only when tomorrow's burden is added to the burden of today that the weight is more than we can bear."

An inconsistent Christian is no evidence that the Bible is not true.

He who keeps close to God will not be close with God.

GIRLS! MAKE A BEAUTY LOTION WITH LEMONS

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothener and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It should naturally help to whiten, soften, freshen and bring out the roses and beauty of any skin. It is truly marvelous to smoothen rough, red hands. Adv.

"SOME SORT OF A BISHOP"

Eminent Churchman May Safely Leave the Classification to the Many Who Know Him.

Bishop Greer of New York, who is a great friend of Bishop Whitehead of Pittsburgh, entered a restaurant recently and sat down opposite another man. After a time he and the man engaged in a casual conversation and the stranger finally said: "You look somewhat like a clergyman, sir."

"Well, I am one," said Bishop Greer. "Oh," said the man, "is that so? Episcopal, I should imagine?"

"Yes," nodded the bishop. "Your work is here in New York, I suppose?" the man continued.

"Yes," said the bishop. "Just what is your parish?" asked the stranger.

"Well," answered Bishop Greer, "I really haven't any definite parish. I—er—"

"Some sort of a bishop, then, I assume," said the man.

The waiter at this time brought Bishop Greer his check.

"Yes," he answered as he rose to go, "I'm some sort of a bishop."

Wrong Line of Talk.

Among the guests at a reception was a distinguished man of letters. He was grave and somewhat taciturn. One of the ladies present suggested to the hostess that he seemed to be out of place at such a party.

"Yes," replied the hostess, with a bright smile, "you see, he can't talk anything but sense!"—Christian Register.

Term Defined.

"What's your idea of a separate peace?" inquired Broncho Bob.

"Well," replied Pinto Plute, "the practical kind of separate peace is the kind that keeps a man perfectly peaceable while he is being separated from his money."

Progressing.

Widower—Before I married I couldn't save a dollar; now that I'm married and my wife is dead I have almost half my salary.

Embarrassing Economy.

Wife (desperately)—"Can't you give the car away?" Husband—"I hate to ask so much of a friend."

The world does not need the man who is unmoved by sorrow or the woman who is incapable of pity.

Always proud to show white clothes. Red Cross Ball Blue does make them white. All grocers. Adv.

Stolen sweets are often hard to digest.

The man who has no self-respect cannot respect others.

To The American People

There is no foundation for the alleged violations of law attributed to our Company by agents of the Federal Trade Commission and I want to say emphatically that Swift & Company is not a party to any conspiracy to defraud the Government. Nor has Swift & Company been guilty of improperly storing foods or of making false entries or reports.

Conferences of packers, where prices have been discussed, have been held at the urgent request and in the presence of representatives of either the Food Administration or the Council of National Defense. And yet the packers have been accused of committing a felony by acting in collusion on Government bids!

We have done our best, with other packers, large and small, to comply with the directions of the United States Food Administration in all particulars, including the furnishing of food supplies for the U. S. Army and Navy and the Allies, now being handled through the Food Administration.

We will continue to do our utmost, under Government direction, to increase our production and assist the Food Administration. We consider that the opportunity to co-operate wholeheartedly and to our fullest powers with this branch of the Government is our plain and most pressing duty.

The Trade Commission Attorney has, by false inference and misplaced emphasis, given to disconnected portions of the correspondence taken from our private files and read into the Record, a false and sinister meaning with the plain purpose of creating antagonistic public opinion.

The services of the packers of the United States are most urgently needed, and I regret exceedingly that we should at this time have to spend our efforts in defending ourselves against unfounded, unproved, and unfair assertions such as are being daily made public.

L. I. Swift, President



Somewhat Shy on Geography.

"Beef" Hameldinger, the former Harvard tackle, who is serving with an American artillery unit in France, writes that the French officers are taking a deep interest in baseball. Lieut. Cochon de Lait, the celebrated "ace" of the Rulnart Brut escadrille, asked "Beef" to explain the world series to him. "It's between New York and Chicago this year," "Beef" began. "I'll suppose that's Buffalo, heln?" asked the lieutenant, eager to display his knowledge of American geography.

My golden rule is "Use every man as he deserves."

It is impossible to judge rightly those whom we love.

Inquisitive Bobby.

Bobby is of the inquisitive boy age. His father, a physician, took him to his office recently and Bobby asked questions about everything in sight. Finally he got into a room where the doctor keeps some curios, including a skeleton.

"What's this, papa?" asked Bobby. "The bones of a man."

"Whose bones, yours?" "Hardly," the father replied. A flat worm preserved in alcohol in a glass jar next attracted Bobby's attention.

"Oh, papa, here's a noodle. Got any more? Let's take them home for soup."

Reports are half lies.

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22 Million Families in the United States 4 CUPS OF WHEAT FLOUR TO THE POUND If each family used 4 cups of flour less per week, the saving would be 22 million pounds or 112,244 barrels every week. The greatest help housekeepers can give to win the war is to make this saving and it can be done by using this recipe in place of white flour bread. Corn Meal Biscuits: 1/2 cup scalded milk, 1 cup corn meal, 2 tablespoons shortening, 1/2 teaspoon salt, 1 cup white flour, 4 teaspoons Royal Baking Powder. Save 1/2 cup of the measured flour for board. Pour milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan fifteen to twenty minutes. Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address ROYAL BAKING POWDER CO., Dept. W, 135 William Street, New York. FOOD WILL WIN THE WAR