

Sturdy Womanhood

is the demand of to-day

In the Health and Strength of the Wives and Mothers Rests the Future Integrity of the Nation.



We must preserve our womanhood. There is need, greater than ever for strong women. Apparently, the race is not as sturdy as formerly or our women are victims of an over-civilization and less able to resist disease.

Thousands suffer and thousands more are destined to suffer from that most insidious of diseases, catarrh. Ninety-seven per cent of the people have catarrh. It is not confined to the head, nose and throat as many suppose. Catarrhal inflammation may attack the stomach, bowels or any portion of the body where there are mucous linings. It is no respecter of persons or position. Everyone is liable to attack.

Mrs. Mary Fricke, 507 Bornman St., Belleville, Ill., was one of its victims. She says: "I have weighed as little as 100 pounds. For years I suffered with my stomach, cramps and severe headaches. After reading Dr. Hartman's Health Book, I decided to try Peruna. The first

bottle brought good results, but as I was bound to get well, I took twelve.

Fifteen years ago, I started with Peruna and I wouldn't be without it. My weight is now around 200 pounds and I am hale and hearty at the age of 63. I can do as much work as my daughter."

The use of Peruna for forty-five years in the American family has proved its worth. If you are sick, do not give up, try Peruna. Write The Peruna Company, Dept. B, Columbus, Ohio, for Dr. Hartman's Health Book. It is free. Peruna is sold everywhere in liquid and tablet form. Insist upon having Dr. Hartman's Famous Peruna Tonic. Ask your dealer for a Peruna Almanac.

BROOD MARES

In foal or foal at foot, having Distemper or Influenza, or any other form of Contagious Disease, may with absolute safety to Mare and Foal, be given

SPOHN'S DISTEMPER COMPOUND

It is also the very best Remedy to prevent mares slipping foals, and should be given to all Mares, Colts, Stallions and all others, in bran or oats, or on the tongue. Then you will have very little trouble with sickness of any kind among your horses. Sold by druggists. Write for booklet.

SPOHN MEDICAL CO., GOSHEN, INDIANA

Over Particular.
"I understand they are very particular in that dressmaking establishment."
"So particular that they press all their mourning suits with sad irons."

Fine clothes do not make the woman, but they sometimes break the husband.

He who has not learned how to play has not learned how to work.

OLD AGE STARTS WITH YOUR KIDNEYS

Science says that old age begins with weakened kidneys and digestive organs. This being true, it is easy to believe that by keeping the kidneys and digestive organs cleansed and in proper working order old age can be deferred and life prolonged far beyond that enjoyed by the average person.

For over 200 years GOLD MEDAL Haarlem Oil has been relieving the weakness and disability due to advancing years. It is a standard old-time home remedy and needs no introduction. GOLD MEDAL Haarlem Oil is inclosed in odorless, tasteless capsules containing about 5 drops each. Take them as you would a pill, with a swallow of water. The oil stimulates the kidney

action and enables the organs to throw off the poisons which cause premature old age. New life and strength increase as you continue the treatment. When completely restored continue taking a capsule or two each day. GOLD MEDAL Haarlem Oil Capsules will keep you in health and vigor and prevent a return of the disease.

Do not wait until old age or disease have settled down for good. At the first sign that your kidneys are not working properly, go to your druggist and get a box of GOLD MEDAL Haarlem Oil Capsules. Money refunded if they do not help you. Three sizes. But remember to ask for the original imported GOLD MEDAL brand. In sealed packages.

Have You Tried Tuxedo in the New "TEA-FOIL" PACKAGE?

It is the most popular innovation of many years in smoking tobacco packages. Smokers are delighted with its many advantages. Handier—fits the pocket. No digging the tobacco out with the finger. Keeps the pure fragrance of Tuxedo to the last pipeful. Not quite as much tobacco as in the tin, but—

10c



"Your Nose Knows"

Finest Burley Tobacco
Mellow-aged till perfect
+ a dash of Chocolate

Tuxedo

The Perfect Tobacco for Pipe

Guaranteed by
The American School

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
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LESSON FOR MAY 11.

SIN AND ITS CONSEQUENCES.

LESSON TEXT—Genesis 3:1-24.
GOLDEN TEXT—The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.—Rom. 6:23.

DEVOTIONAL READING—Psalms 51:1-13.
ADDITIONAL MATERIAL—Rom. 1:18-23; James 1:15.
PRIMARY TOPIC—Disobeying Our Heavenly Father.
JUNIOR TOPIC—How Disobedience Separates Us From God.
INTERMEDIATE TOPIC—Destructive Power of Sin.
SENIOR AND ADULT TOPIC—The Nature and Results of Sin.

An outlook upon the world proves that man is not what he should be. Then, too, apart from gospel influence there is no sign of improvement. The only way of accounting for the discrepancy between what man is and what he should be is by the Fall. This is the way that the Bible accounts for it. The introduction of sin is the answer.

I. The Temptation (Gen. 3:1-6).
Man possessed a free will, in the exercise of which he turned away from God and his commandment. This was done at the instance of the devil working through the serpent. He did not appear as he really was, but in disguise. The method employed was (1) finding the woman while alone; (2) insinuating doubt into her mind as to God's word and love. At his suggestion she began to believe that God did not mean what he said, and that he was unkind in placing restrictions upon them. In this the devil slandered God, even accusing the Almighty of jealousy and fraud. (3) Appeal to innocent appetite. (4) She gazed upon the fruit which God had forbidden. Looking soon began lust. (5) She lusted after that which God had forbidden. That which God has forbidden should not be looked at lest the flesh should lust for it.

II. The Fall (3:6-8).
From lusting to indulgence was a short step. This act of disobedience has brought on all the world's woe and misery. Eve not only disobeyed, but involved Adam in her sin. Aspiring to be gods, they became the slaves of sin. They came to know good and evil, but by sad experience. They knew sin without the power to free themselves from it.

III. The Consequences of the Fall (3:9-24).
1. The disturbed relationship with God (vv. 9, 10). The familiar intercourse which man enjoyed with the Almighty was marred and broken by sin. Sin makes life intolerable in the divine presence. Adam and Eve not only hid from God's presence, but Adam began to make excuses and even laid the blame on God.

2. The serpent was degraded and henceforth became a type of sin and Satan (v. 14; cf. Num. 21:9; John 3:14; Rev. 12:9). This doom was pronounced without trial. In the case of man it was not so.

3. The undying enmity between the two seeds (v. 15; cf. John 8:40-45; Matt. 23:33). The antagonism thus begun reached its climax in the crucifixion of Christ. Satan's seed has been ever since endeavoring to destroy the Lord's work and his workers.

4. The ultimate victory of the woman's seed (v. 15). Satan harassed the woman's seed; bruised his heel, but finally the stroke was made which crushed the serpent's head (John 12:31; Heb. 2:14; 1 John 3:8). This was the first gleam of the glorious light of the gospel of Christ. The victory was marvelous, but the cost was infinite (Isa. 53; 2 Cor. 5:21).

5. Judgment upon the woman (v. 16). This relates to her as a wife and mother; also to her subordination to man. This is God's decree, and all efforts of freeing one's self from it are fruitless against God.

6. Man's new relationship to the earth (vv. 17-19). The earth was cursed on his account. Because of the rank growth of thorns and thistles man must make an increased effort to exist. Man with his sinful nature would be in a bad state without the necessity of toil (Rom. 8:19-22).

7. Death (v. 19). This includes physical and spiritual death—both the result of sin.

8. Expulsion from the garden (v. 24). This was an act of great mercy. To have partaken of the tree of life and live forever in a sinful state would have been intolerable.

Exercise Is Necessary.
If a man does not exercise his arm he develops no biceps muscle; and if a man does not exercise his soul he acquires no muscle in his soul, no strength of character, no vigor of moral fiber, no beauty of spiritual growth.—Henry Drummond.

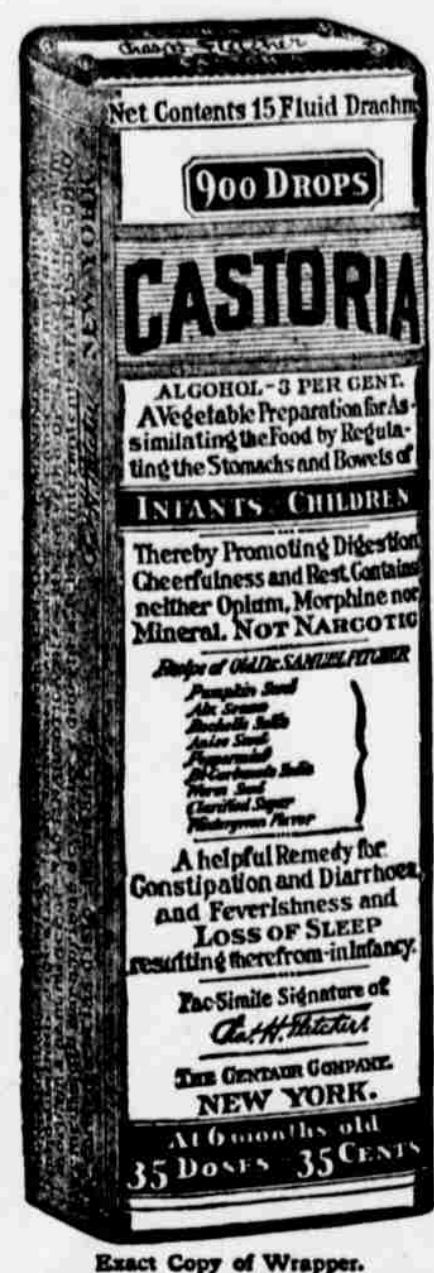
Sermon Crowded Out.
Go to that little church of yours and quit your hankering for the fine music and singing and pomp and splendor of the large churches in the city. By the time they get through with their preludes and interludes and deludes there won't be much time for a sermon.

Joy Is to Obey the Laws.
The stars of heaven are free because, in amplitude of liberty, their joy is to obey the laws.—William Watson.

Physicians Recommend Castoria

YOU know the real human doctors right around in your neighborhood: the doctors made of flesh and blood just like you: the doctors with souls and hearts: those men who are responding to your call in the dead of night as readily as in the broad daylight; they are ready to tell you the good that Fletcher's Castoria has done, is doing and will do, from their experience and their love for children.

Fletcher's Castoria is nothing new. We are not asking you to try an experiment. We just want to impress upon you the importance of buying Fletcher's. Your physician will tell you this, as he knows there are a number of imitations on the market, and he is particularly interested in the welfare of your baby.



Children Cry For Fletcher's CASTORIA

Do the People Know?

Do you know why you are asked to call for Fletcher's Castoria when you want a child's remedy: why you must insist on Fletcher's? For years we have been explaining how the popularity of Fletcher's Castoria has brought out innumerable imitations, substitutes and counterfeits.

To protect the babies: to shield the homes and in defense of generations to come we appeal to the better judgment of parents to insist on having Fletcher's Castoria when in need of a child's medicine. And remember above all things that a child's medicine is made for children—a medicine prepared for grown-ups is not interchangeable. A baby's food for a baby. And a baby's medicine is just as essential for the baby.

The Castoria Recipe (it's on every wrapper) has been prepared by the same hands in the same manner for so many years that the signature of Chas. H. Fletcher and perfection in the product are synonymous.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher
THE CENTAUR COMPANY, NEW YORK CITY.

The Wrong Office.
An absent-minded professor out of a job got one temporarily as a book agent.
"Permit me to show you a new dictionary of the English language," he said to the first man on whom he called.
"But I don't speak the English language," impatiently responded the man, who happened to be a busy lawyer.
"I beg your pardon," hastily apologized the absent-minded professor as he backed out.—Boston Transcript.

"As You Were" Defined.
A British officer who has just returned from German East Africa tells an amusing story of the Askari recruits whom he was training. Mistakes in the drill were frequent, and, in consequence, "As you were" became an order rapped out with increasing severity of expression. Later the officer overheard a conversation between two natives in the squad.
"What does our officer mean by 'As you were'?" inquired one Askari.
"Asuwer," replied the other, "is a word the Englishman has invented for when he wants to say 'I am sorry, I have made a mistake.'"

Unnecessary.
"Oh, my," yawned the wife as hubby pleaded with her to arise and prepare his breakfast, "you never let me have my beauty sleep!"
"But you don't need a beauty sleep, dear," answered hubby.
And it came to pass that hubby quickly arose, and there have been no more late breakfasts in that household, even unto this day.—Judge.

The Blessed Man.
Blessed is the man, if any, who can get as much satisfaction out of a \$1.00 spading fork and a 70-cent hoe as he could out of a \$4,500 touring car.—Ohio State Journal.

Brides and horses both require grooms.

Have you ever heard this?

"My baking powder," says the smooth solicitor, "costs less than Royal."

But he omits to say that it often leaves a bitter taste, that food made with it is likely to stale in a day and that it contains alum, which is condemned by many medical authorities for use in food.

England and France prohibit the sale of alum baking powders.

ROYAL Baking Powder

is made from Cream of Tartar derived from grapes

Royal Contains No Alum—
Leaves No Bitter Taste