

PE-RU-NA

Made Me a Well Man



Mr. Louis Young, 1652 Clifford St., Rochester, N. Y., writes: "I suffered for thirty years with chronic bowel trouble, stomach trouble and hemorrhages of the bowels. We bought a bottle of Peruna and I took it faithfully, and I began to feel better. My wife persuaded me to continue, and I took it for some time as directed. Now I am a well man."

Suffered thirty years with stomach trouble and hemorrhages of the bowels.

Liquid or Tablet Form

The Spell of Melody.

"Give me the man who sings at his work!" said the idealist. "Yes," replied Farmer Cornstossel. "It's all right for a man to sing at his work, unless he insists on singing himself to sleep."

Honor to Whom It is Due.

The army mule has been cited officially for helping to win the war. By the time wheelbarrows, picks and shovels, barbed wire and a few other invaluable odds and ends have been duly praised, the encomiums will all have been passed around. About everything animate which took part in the conflict except the lowly "cootie" has been recognized.—Philadelphia Evening Bulletin.

Sure Relief



MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL HAZELNUT OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the same Gold Medal on every box and accept no imitations.

TRULY AN AWFUL THOUGHT

Small Girl Feared She Had Somewhat Overdone Matter of Praying for Baby Brother.

The little girl came home to her mamma very much disturbed because little Susie, her neighbor, had a new baby brother to play with, while she, herself, was very lonely. Her mother comforted her and told her to ask God to send her a little brother, too. So the child began to pray for a little brother, and occasionally got impatient; but her mother told her to keep on praying and perhaps her prayer would be answered some day.

One day she was called into the mother's room, and her delight knew no bounds when the nurse took a wee thing up from the mother's side and laid it in her arms. But a moment later, when the nurse picked up another bit of humanity, the child almost dropped the one she was holding, and a startled expression came into her face as she said: "Oh, mama! Is God going to answer all those prayers that I prayed?"

Many Advantages.

"What about this bathing suit?" "It is well made, pretty and stylish." "Anything else?" "You can also bathe in it if you wish to."

A scrap of information often ends in a war of words.

Boil It Thoroughly

—fifteen minutes or more after boiling begins— Long boiling brings out the full, rich flavor of

Postum Cereal

And while you enjoy your cup of this attractive table drink, remember that it contains no caffeine or other harmful substance.

"There's a Reason"

Made by Postum Cereal Company, Inc. Battle Creek, Michigan

IMPROVED UNIFORM INTERNATIONAL

SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) (Copyright, 1920, Western Newspaper Union.)

LESSON FOR JULY 25

DAVID SUCCEEDS SAUL AS KING

LESSON TEXT—1 Sam. 24:7, 8-18. GOLDEN TEXT—Trust in the Lord with all thy heart, and lean not upon thine understanding.—Prov. 3:5. ADDITIONAL MATERIAL—1 Sam. 8:1-13; 11 Sam. 1:27; 2:8-12. PRIMARY TOPIC—The Shepherd Boy Becomes a King. JUNIOR TOPIC—How David Became a King. INTERMEDIATE AND SENIOR TOPIC—The Secret of David's Success. YOUNG PEOPLE AND ADULT TOPIC—True Success and How to Win It.

The death of Saul lay open to David the path to the throne. This would have rejoiced the heart of many, but David was sad. Instead of reward being given to the slayer of Saul, quick vengeance was executed upon him.

I. David Made King Over Judah (24:1-4)

He knew full well that the Lord by the hand of Samuel had anointed him to be the successor of Saul. He had learned the essential lesson which the School of Providence was designed to teach, namely, that the position now open to him was no easy one to fill. His exile and sufferings gave him self-control. He had the good sense to know that promotion to the throne did but bring "harder duties and multiplied perplexities." He threw himself upon God and asked for guidance. He rendered instant obedience to the Lord's answer. If we are to enjoy God's fellowship and blessing we must render quick obedience. He made a right beginning, therefore God prospered him. When he reached Hebron the men of Judah came and anointed him king over them. Thus a part of the nation recognized him as king and ratified the work which Samuel did many years before. When David went up he took with him all who had been with him in exile and suffering. They are now sharers with him in the kingdom. When David's great son, Christ, shall enter upon his glorious reign, those who have been faithful to him in his rejection shall reign with him. "If we suffer we shall also reign with him." (II Tim. 2:12); "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my father in his throne." (Rev. 3:21).

II. David's Behavior Toward the Men of Jabesh-Gilead (24:7-17)

The men of Jabesh owed much to Saul (I Sam. 11), and they showed this recognition of debt by making a daring dash to rescue his body from the ignominious exposure at Bethshehem. David's act of sending men to Jabesh with a message of good will for their affectionate remembrance of Saul is an exhibition of his noble generosity. His love for the unfortunate king survived all the injuries which he suffered at his hands. He forgave and forgot them all. This was an act of political shrewdness as well as a generous one. In fact the only policy which proves effective is that which proceeds from a generous heart. He deftly follows this generous commendation with a solicitude for the men of Jabesh to transfer their loyalty to himself, since he is now their legal king. Since Saul is now dead, he urges them to be valiant for him. In view of the civil war which was to follow he knew it would require valiant men to stand by God's king. This appeal to be valiant is needed now, for we are all called upon to take sides between God's appointed king, Jesus Christ, and Satan, the pretender to the throne. May Christ's appeal result in making us faithful and valiant for him.

III. The Dual Kingdom—War Between the House of Saul and the House of David (2:8-4:12)

This period of civil war lasted seven and a half years. Most of the tribes of Israel clung to Ishbosheth, Saul's son, whom Abner had proclaimed king at Mahanaim. Feuds continued between the rival generals, David's power increased while that of Ishbosheth's waned.

IV. David Crowned King Over United Israel (5:1-5)

Though the struggle for supremacy lasted long and was a bitter one, Abner's death and Ishbosheth's assassination put an end to David's opposition. David's behavior during this time gradually won for him the confidence of the tribes so that they all came to him at Hebron and anointed him as their king. They accepted his divine right to rule (v. 3). The reasons for anointing him their king were:

- 1. He is their brother (v. 1). This is true of Christ our King. Through the incarnation he has become one with us.
- 2. He was their true leader in war, even in Saul's time (v. 2).
- 3. He was the Lord's choice (v. 2).

Procrastination.

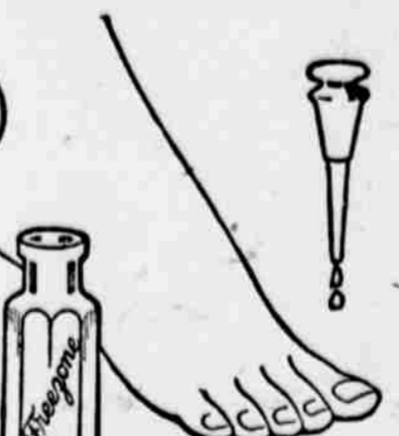
Procrastination is helping the devil in retarding righteousness in the world. Remember that legend of how he summoned his imperial staff and offered a reward to the member who would suggest the best way to destroy a human soul. One said, Convince him there is no God. Another said, Prove there is no immortality and no truth in the Bible. But still another suggested, Convince him that there is no hurry about his carrying out his good resolutions. And the devil gave that one the prize.—Bishop Talbot.

SAY "DIAMOND DYES"

Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in package.

"FREEZONE"

Lift Off Corns! No Pain!



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Measure up to every opportunity that comes to you.

Pretense Called For.

Edward had come to spend the time with Betty while his mother went to the club. She stayed so long they were tired of playthings and of each other. So finally in despair Betty said, "Well, Edward, let's just play we are having a good time."

Cuticura Soothes Itching Scalp

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

A Protest.

"Backward, turn backward, oh, time in thy flight," warbled Hortense Magee. "Stop it!" cried her father, "What are you trying to wish on us? Don't you remember it's only a year ago that the seventeen-year locust was with us?"

LADIES CAN WEAR SHOES

One size smaller and shoes last longer after using Allen's Foot-Ease, the antiseptic powder for the feet. Shaken into the shoes and sprinkled in the foot bath, Allen's Foot-Ease makes tight or new shoes feel easy; gives instant relief to corns and bunions; prevents blisters, callous and sore spots. It's the greatest comfort discovery of the age. Try it to-day. Sold everywhere.

Town's Proud Boast.

This town has a young man who pained his watch to obtain money for a bath. We contend that this is a He who blackens others does not whiten himself.

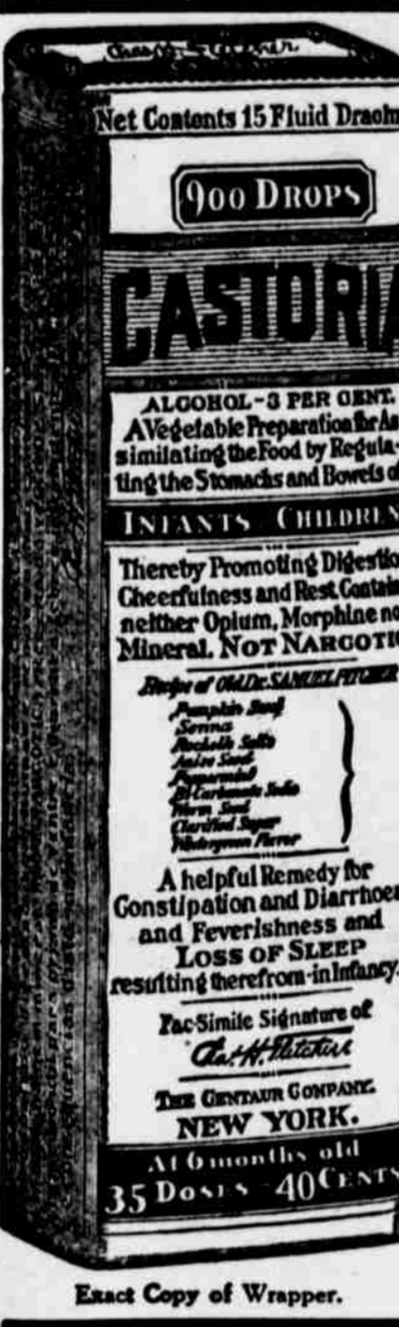
NOW FREE FROM PAIN

Lydia E. Pinkham's Vegetable Compound Frees Another Woman From Suffering.

Bayonne, N. J.—"Before I was married I suffered a great deal with periodical pains. I had pains in my side and back and also headaches, and got so weak I could not do anything. I took Lydia E. Pinkham's Vegetable Compound and soon felt better. Now I am married and have two little boys. Before the first one came I was weak and nervous, could not eat and was dizzy. After I took the Vegetable Compound I could work and eat. Now I am strong and recommend your medicine to my friends."—Mrs. ANNA SLEVA, 25 East 17th Street, Bayonne, N. J.

Women who recover their health, naturally tell others what helped them. Some write and allow their names and photographs to be published with testimonials. Many more tell their friends.

If you need a medicine for women's ailments, try that well known and successful remedy Lydia E. Pinkham's Vegetable Compound. Write Lydia E. Pinkham Medicine Co. (confidential) for anything you need to know about these troubles.



Children Cry For

Fletcher's CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

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.

Some Look as if They Had.

Wonderful how a girl who wears a georgette blouse, a veil, a hair net and perforated hose keeps from getting all tangled up in the meshes?—Toledo Blade.

The best always goes first.—Italian proverb.

BRACE UP!

The man or woman with weak kidneys is half crippled. A lame, stiff back, with its constant, dull ache and sharp, shooting twinges, makes the simplest task a burden. Headaches, dizzy spells, urinary disorders and an "all worn out" feeling are daily sources of distress. Don't neglect kidney weakness and risk gravel, dropsy or Bright's disease. Get a box of Doan's Kidney Pills today. They have helped people the world over.

A Kansas Case

Mrs. James Nichols, Phillipsburg, Kans., says: "The action of my kidneys was too frequent and troubled me a whole lot. I was dizzy and had sharp pains through the small of my back, every time I stooped over. At night my back was so sore I could hardly sleep. I read about Doan's Kidney Pills and used some. Three boxes completely cured me and the cure has lasted."

Get Doan's at Any Store, 60c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Cuticura Soap

SHAVES Without Mug Cuticura Soap is the favorite for safety razor shaving.

Kill All Flies!

THEY SPREAD DISEASE. FLY KILLER attracts and kills all flies, mosquitos, and other insects. Kills all on contact. Lasts all season. No odor. No harm to anything. Guaranteed. FLY KILLER. Four dealers in Nebraska. HAROLD BOWEN, 115 S. 10th Ave., Brooklyn, N. Y.

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Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium Lincoln, Nebraska.

PARKER'S HAIR BALSAM

Restores Color and Beauty to Gray and Faded Hair. No. 100 at drug stores. 15c. Made in U.S.A. Parker Bros., New York, N.Y.

HINDER CORNS

Removes Corns, Calluses, etc. from all parts, ensures comfort to the feet, makes walking easy. 10c. by mail or at drug stores. Lincoln Chemical Works, Fairbogue, N. D.

Acid Stomach

Makes the Body Sour

Nine Out of Ten People Suffer From It

It sends its harmful acids and gases all over the body, instead of health and strength. Day and night this ceaseless damage goes on. No matter how strong, its victim cannot long withstand the health-destroying effects of an acid stomach.

Good news for millions of sufferers. Chemists have found a sure remedy—one that takes the acid up and carries it out of the body; of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

It is a great act of life to sell air well.

Use MURINE

Night Morning Keep Your Eyes Clean, Clear, Healthy

Nebraska Directory

7% PER ANNUM TAX FREE The Lincoln Telephone & Telegraph Company, Lincoln, Neb., is offering to investors at par, \$100 per share, some of its tax-free 7% stock that has paid quarterly dividends for the past 11 years. This is a safe and convenient investment, checks for dividends being mailed to your address for \$1.75 per \$100 share in January, April, July and October. For information or for shares of stock address C. P. Russell, Secy. Lincoln Telephone & Telegraph Company, Telephone 3112, Lincoln, Neb.

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FRECKLES

POSITIVELY REMOVED BY Dr. Barry's Freckle Remover. 25c. Sold by all druggists. W. N. U., LINCOLN, NO. 30-1920.