



Feel Stiff and Achy After Every Cold?

Do You Have Constant Backache? Feel Old and Lame and Suffer Sharp, Rheumatic Pains? Then Look to Your Kidneys!

DOES every cold, chill or attack of grip leave you worn-out and utterly miserable? Do you feel old and lame, stiff and rheumatic? Does your back ache with a dull, unceasing throb, until it seems you just can't stand it any longer?

Then look to your kidneys! Grip, colds and chills are mighty hard on the kidneys. They fill the blood with poisons and impurities that the kidneys must filter off. The kidneys weaken under this rush of new work; become congested and inflamed.

It's little wonder, then, that every cold leaves you with torturing backache, rheumatic pains, headaches, dizziness and annoying bladder irregularities.

But don't worry! Simply realize that your kidneys are overworked at such times and need assistance. Get a box of Doan's Kidney Pills and give your weakened kidneys the help they need. Assist them, also, by drinking pure water freely, eating lightly and getting plenty of fresh air and rest. Doan's Kidney Pills have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Grateful Folks:

Mrs. J. C. Arnt, 209 S. La Salle St., Beatrice, Nebr., says: "I used Doan's Kidney Pills for disordered kidneys caused by colds settling on them. My kidneys acted irregularly and my back was lame. I had dizzy spells and specks floated before my eyes. A member of my family had used Doan's Kidney Pills with good results so I tried them. A couple boxes drove the trouble away, strengthening my back and kidneys."

Gust Numson, 401 E. Lincoln St., Blair, Nebr., says: "If I take cold it usually settles in my kidneys. My back gets lame and the muscles in my back and side hurt every move I make. I have a good deal of backache, too. When I get an attack now, I take Doan's Kidney Pills and a few always give me prompt relief. I can highly endorse Doan's Kidney Pills, believing them to be all that is claimed for them."

DOAN'S KIDNEY PILLS

At All Dealers, 60c a Box. Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

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 MARCH 19

THE DOWNFALL OF ISRAEL

LESSON TEXT—II Kings 17:1-18.
GOLDEN TEXT—Righteousness exalteth a nation; but sin is a reproach to any people.—Prov. 14:34.

REFERENCE MATERIAL—Hosea 7; Amos 2:6-16.

PRIMARY TOPIC—What Came of Wrong Doing.

JUNIOR TOPIC—Israel's Punishment for Disobedience.

INTERMEDIATE AND SENIOR TOPIC—Results of Disobedience to God.

YOUNG PEOPLE'S AND ADULT TOPIC—How National Sins Are Punished.

I. Israel Taken Into Captivity (vv. 1-6).

This was the fulfillment of that which Amos had predicted in the days of Jeroboam II, at a time when the nation was at the height of its prosperity. The northern kingdom was ruled by 19 kings, all of whom were wicked. Their wickedness was not because of lack of information or opportunity, but in spite of it. God promised the first king His blessing if he would be loyal to Him. Jeroboam departed from God and the apostasy thus began continued downward to the end. In the reign of Hoshea, the last king, the king of Assyria came and besieged Samaria and carried the children of Israel captive to Assyria, from which they never returned.

II. The Sins Which Caused Their Doom (vv. 7-18).

1. Conformed to the ways of the heathen (vv. 7-9). God had commanded them not to follow in the ways of the heathen, but these Israelites, instead of maintaining lives of separation, secretly did that which was displeasing to God. Secret sins just as surely as open sins bring ruin, for all things are naked and open to Him with whom we have to do. One may maintain his reputation before men while practicing sins, but ruin will sooner or later overtake him. Even though God had cast out the heathen for practicing these sins, the Israelites followed in their ways. God demands separation (II Cor. 6:17).

2. Served idols (vv. 10-12). They not only compromised by "walking in the statutes of the heathen," but worshiped their gods. It was not a long step from following in the statutes of the heathen to worshipping their gods. Before they worshiped idols they cast off the true God. Idolatry came in because the race did not wish to retain God in its affection (Rom. 1:21-23). People today are worshipping idols because they have first cast off the authority of the living God. Man is a worshipful being. When he ceases to worship the true God, he worships other gods. Neutral ground is impossible.

3. They were rebellious (vv. 13-15). God by His prophet had said unto them "Turn ye from your evil ways and keep my commandments," but they stubbornly refused His testimony, even rejected His statutes. God, in love, tried to save them. He sent some of the noblest and best prophets who ever spoke to man to persuade them to turn from their sins, such as Elijah and Elisha, but they hardened their necks and plunged deeper into wickedness.

4. Caused their sons and daughters to pass through the fire (v. 17). This was the dreadful Moloch worship—the most cruel rite of heathen worship. It was done by kindling a fire in a hollow metal image until its arms were red hot and placing live children therein to be burned to death.

5. Resorted to magical practices (v. 17). When faith in the true God wanes, men always turn to the magical arts. In this way they sold themselves to evil in the sight of the Lord to provoke Him to anger.

III. Judgment Falls (v. 18). At this stage of the drama the curtain falls. God could not be inactive longer.

1. God was very angry. God's anger is not raving fury, but the revulsion of His holy nature against sin. Sin cannot exist in His presence. His wrath must strike. Though He waits long, the debt must be paid and always with compound interest. There is only one way to escape God's wrath; that is, to turn from sin.

2. Removed them out of His sight. The land of Palestine is regarded as the land of God's sight; that is, the place of His manifested presence. Their national identity was blotted out forever. These people are still scattered among the nations, and as a separate nation doubtless they will never return to their land. The judgment was severe, but not more so than the sins merited. God had waited long. The despising of His grace must eventually work ruin. What judgment must fall upon the people today who reject His grace and mercy!

Bound to Materialize. Every thought we think images itself in the mind and every image that is persistently held in mind is bound to materialize.—Jean Porter Rudd.

Perfect Peace. Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.—Isaiah 26:3.

He That Diggeth a Pit. He that diggeth a pit shall fall into it; and whose breaketh an hedge, a serpent shall bite him.—Eccles. 10:8.

KEEPING WELL MEANS A CONSTANT FIGHT AGAINST CATARRH

Many diseases may be described as a catarrhal condition. Coughs, colds, nasal catarrh, stomach and bowel disorders are just a few of the very common ill effects due to catarrh.

Fight it! Fight catarrh with a remedy of assured merit, a remedy which has a reputation for usefulness extending over half a century—

DR. HARTMAN'S PE-RU-NA

Tablets or Liquid Sold Everywhere

When you encourage sick people you are helping the doctor.

No Retirement.

"Do you intend to retire from politics?"

"I never knew anybody who did," replied Senator Sorghum. "A politician may have to toss his hand into the discard and stay quiet for awhile; but he never actually quits the game."

SHE DYED A SWEATER, SKIRT AND CHILD'S COAT WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—advertisement.

Inviting Trouble.

"Would I consider him a prudent man? I can't say that I would. Exactly the opposite, in fact."

"What reason have you for holding such an opinion of him?"

"I happen to know that he lets his wife and the lady who expects to succeed her have charge accounts at the same store."

What Is Needed.

When Farmer Bassett decided to send his son to college, and selected one exploiting the advantages of its physical training system, he had a plain talk with the president: "John don't need no settings-up exercises. He sets up too late already, so I'd rather you'd cut them out. But say, if you've got any good getting up exercises that are a sure thing, go to it with John!"—Wayside Tales.

Libel on American "Kiddies."

"In America children are even more 'modern' than they are in this country. Two American children had a very bad effect on a family living quietly in Sussex.

After these two children had gone back to the States, the vicar called and said, quite playfully, to the youngest daughter of the house: "Well, my dear, and what do they call you?"

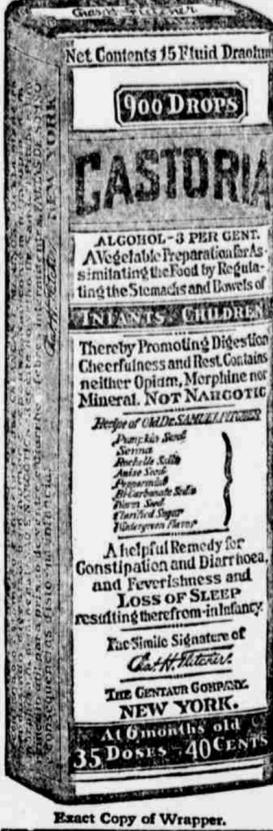
"Cut that out," was the reply. "I guess you ought to know, Mr. Preacher. You put the christening dope across me."—London Tit-Bits.

Taking the Joy Out of Art.

An artist from New York was visiting an old Southern family in Alabama. One day while they were riding in their automobile, which their former coachman, an old negro, was driving, the hostess pointed out a majestic tree that stood alone in a meadow. The artist went into rapture over it and with hands clasped turned to her hostess.

"Oh, isn't it superb!" she breathed. "A perfect example of a Corot!"

"Seuse me, mistis," said the privileged old servant. "Dat ain't no Corot. Hit's jest one of dese hyuh sugarberry trees."—Youth's Companion.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature

of

Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

HIS CRITICISM RATHER HASTY

Possibly Mr. Newlywed Will Make Discreet Inquiries Before He Makes Another Complaint.

A few weeks ago I was invited to dine with a couple of old schoolmates who had been married for some time. I was asked to bring a friend who had also attended school with us.

The dinner looked appetizing, and was progressing smoothly with all of us in good spirits.

Suddenly, Jack, my married friend, turned to his wife and said: "Vera, what's the matter with these biscuits?"

She made some sort of reply, whereupon he answered they were not fit to eat, that his mother could do better baking, and asked who baked them.

Vera, with an injured expression, answered: "Why, Jack, dear, your mother sent them over this evening."

Both, I know, wished the dinner over, and I found I had a pressing engagement directly afterward.—Chicago Tribune.

Many a woman trusts a man with her affections who wouldn't lend him 30 cents in cash.

Unworthy Son.

A certain senator, who is a close student of American dialects, thought he had detected from the speech of the driver of the coach in which he was driving through the Yellowstone park the region from which the reinsman came.

"You come from Missouri, do you not?" the senator asked.

The driver pulled in his four horses, set his brake with his foot, and turned impressively toward the senator.

"Senator," he said, "my father 'n' mother onct went to Missouri on a visit, and they visited there twenty years. During the time I was born; but I want to tell you right now that I'm no derned Missourian!"—Harper's Magazine.

In Doubt.

A clergyman was in the habit of going up to his little girl's bedside each evening and telling her a story before she went to sleep.

One evening he told her such a thrilling tale that the child, sitting up in bed, looked very straight at her father and asked:

"Daddy, is that a true story, or are you preaching?"

Dare, and the world yields.

He beat the train to the crossing a good many times

"It's never touched me yet," he explained when they pointed out the risks.

That's the answer a good many people make when they hear that the drug element in tea and coffee often harms nerves and health. They say it's never touched them yet.

Sometimes they only think it hasn't.

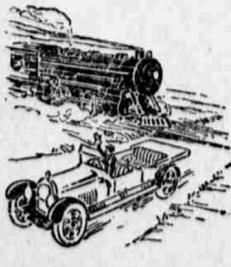
Wakeful nights, drowsy days, headaches that keep coming more frequently—often are blamed on bad luck when the blame belongs on bad

judgment in taking needless chances with harm.

Over on the safe side is Postum, a pure cereal beverage, delicious and satisfying—containing nothing that can harm nerves or digestion. Thousands who used to try their luck with tea or coffee are enthusiastic over having found safety and satisfaction in Postum.

It's worth your while to make the test with Postum for ten days. Postum is a delightful drink for any member of the family, at any meal.

Your grocer has both forms of Postum: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.



Postum for Health

"There's a Reason"

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

Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-eight years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. 60 cents and \$1.20 per bottle. At all drug stores. SPOHN MEDICAL COMPANY GOSHEN, INDIANA

When the Devil Was Sick—
Two old gobs had been at odds ever since the day of their enlistment. They were due for discharge within a few days when one of them was taken seriously ill and the doctors broke the news to him that he had small chance to live. He summoned his old-time enemy to his bedside. "Mac," he said plaintively, "they tells me I'm goin' to kick over. If I do, will yer fergit our fights and sort of 'et bygones be bygones?" "That'll be a'right," said Mac, in great embarrassment. "And, Mac"—here the old gob's voice grew stronger—"if I ever get well and ye remind me I ever said that, I'll knock that fat wooden block off yer shoulders."

But That's Her Work.
Here is a new definition of a "flapper": "A young girl with no education and a distinct aversion to anything like work, who seems somehow or other to annex men."—Salem News.

The earth makes a complete revolution around the sun in one sidereal year.

Refresh a Heavy Skin
With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

Forecast.
"What's the weather forecast?" "Both parties are freely predicting harmony."

There is nothing more satisfactory after a day of hard work than a line full of snowy white clothes. For such results use Red Cross Ball Blue.—Advertisement.

The tightrope walker is all there when it comes to the straight and narrow path.

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocrotic Acid of Salicylic Acid

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