

# Self-Protection

is a matter that should concern everyone subject to spells of

**HEARTBURN  
INDIGESTION  
BILIOUSNESS  
OR MALARIA**

You can help yourself very materially with the assistance of

# HOSTETTER'S Stomach Bitters



## Government Issues Warning Against Fly Poisons

Following is an extract from "The Transmission of Disease by Flies," Supplement No. 29 to the Public Health Reports, April, 1916.

"Of other fly poisons mentioned, mention should be made, merely for a purpose of condemnation, of those composed of arsenic. Fatal cases of poisoning of children through the use of such compounds are far too frequent, and owing to the resemblance of arsenical poisoning to summer diarrhea and cholera infantum, it is believed that the cases reported do not, by any means, comprise the total. Arsenical fly-destraining devices must be rated as extremely dangerous, and should never be used, even if other measures are not at hand."

106 fly poisoning cases have been reported by the press within the last three years. As stated above this number is but a fraction of the real number. Protect your children by using the safe, efficient, non-poisonous fly catcher

# TANGLEFOOT



The O. & W. Thum Company  
GRAND RAPIDS MICHIGAN

### A New Excuse.

Mary—If you please, ma'am, may I go?  
Mistress—Since you've been with me, you have gone to the funerals of two mothers, four uncles, six aunts and nine cousins. I want you to understand that I will have no more deaths in your family.  
Mary—Very well, ma'am. I was going to ask you if I couldn't have an hour off this afternoon to see my sister's new baby.

# BOSCHEE'S GERMAN SYRUP

Panacea of the Home the World Over.

Why will you allow a cold to advance in your system and thus encourage more serious maladies, such as pneumonia or lung trouble, when by the timely use of a few doses of Boschee's German Syrup you can get relief. This medicine has stood the test of fifty years. It induces a good night's sleep with easy expectoration in the morning. For sale by druggists in all parts of the civilized world in 25 and 75 cent bottles.—Adv.

### In No Position to Learn.

"What is the latest news?"  
"I don't know," replied Mr. Meekton. "The newspapers are all censored, and Henrietta has quit going to teas."

Important to Mothers  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of *Dr. J. C. Fletcher* in use for over 30 years.

Children Cry for Fletcher's Castoria

Many so-called "hair tonics" raise more hopes than hair.

# Sore Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by *Murine Eye Remedy*. No Smarting, Just Eye Comfort. At Druggists or by mail 50c per Bottle. *Murine Eye Remedy* in Tubes 25c. For Book of the Eye FREE ask *Murine Eye Remedy Co.*, Chicago

# The Charge, the Confession, and the Coming

By REV. J. H. RALSTON, D. D.,  
Secretary of Correspondence Department,  
Moody Bible Institute, Chicago

TEXT—But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear. . . . For our transgressions are multiplied before thee, and our sins testify against us: for our iniquities are with us, and as for our iniquities, we know them: . . . And the Redeemer shall come to Zion, and unto them that turn from transgression in Jacob, saith the Lord.—Isa. 59:2, 12, 20.

In the days of the old prophets, trouble between God and sinning men was as evident as it is today. In the reading of the chapter that precedes the one from which the texts are taken, we read that the people attempted to do certain things that pleased God; being very religious, in a formal way, they were devoting themselves to their sacrifices and feasting, but the trouble between them and God was not removed. It was fortunate for them that they had some religious leaders that knew things spiritual, and who were faithful in telling the people that they were not doing what was pleasing to God at all.

**Charge of Worldliness.**  
If the application of these words were made to the church today, which would be very proper, the charge would not be wise if it were made in the form of details or the naming of peccadilloes of improper conduct, but if the church were charged with worldliness, with betrayal of pure doctrine, with robbery as far as withholding offerings to God are concerned, then the charge would attract attention. The church of God today in its sinful condition stands as a buffer between God and the unsaved world. A great load of guilt is on it today on this particular account. It is a misrepresentation of what Christ and his religion are. The world does not today read Christ properly because it reads the perverted message of Christ that the church presents in its life.

But the shortcomings of the church will not redeem any unsaved man, nor be an excuse for not getting right with God. Here every tub must stand on its own bottom. What is wrong with the unsaved man? Simply that he is out of right relationship with God; there is a lack of adjustment. A man can fence all he pleases, and try to throw the blame on God, but ultimately the trouble is with himself. His sins have separated between him and God, and these must be got out of the way. God must be faithful to man, and to show his love he says through his ministers, "Your sins have hid his face from you that he will not hear."

**God's Part and Man's.**  
The charging of sin is God's part; the confessing of sin is man's part. Fortunately, the people to whom the prophet spoke heeded his word, and we read that they made detailed confession. Confession is in a way the same thing as repentance, and some men have shown themselves to be strong in repentance, indeed, there is no explanation of their standing before God, except conceding that they knew how to repent. We have David and Peter as examples. Such confession is coming out candidly and accepting the righteousness of the charge of God. God has passed judgment, his charge is made and man must, like one of ancient times, acknowledge the charge in order that God may be justified when he speaks and be clear when he judges. We might note in this part of the confession that the individual says "his sins are multiplied before him"—that is, they are in an exaggerated form, really what they are, as compared with what he has heretofore considered them to be. He concedes, also, that his sins belong to himself.

The need of the day in which we find ourselves is confession, national confession, church confession, individual confession. Some nations today are on their knees. They are on their way to true blessing because they are going to get right with God. The organized church is hardly on its feet yet, and it is slipping further and further away from the truth of God, and not until it gets to its knees and confesses its attachment to the world, its departure from truth, its failure to understand its true mission, will it have God's favor.

**The Blessing.**  
The inevitable follows confession of sin, namely, blessing. In the text we are told that the Redeemer shall come to Zion. The trouble with the world and with the church and the individual is, that the Redeemer is not present. This coming of the Redeemer may fairly be considered in the first place as a spiritual coming. The ideal situation is expressed by the term Immanuel, which means "God with us," but God cannot be with us if we hold to our sins and do not confess and forsake them. God remains away from nations and churches and individuals as far as his blessings are concerned, who do not confess their sins and return to him.

# THE KITCHEN CABINET

To aid in righting the wrongs that cross our path by pointing the wrong-doer to the better way, and thus aid him in becoming a power for good.—A Creed of the Open Road.

## HELPFUL SUGGESTIONS.

A safe fire kindler is this, prepared by the saving one of the household. All bits of trimmings, threads, ravelings are wound into a small ball, put into a bag behind the stove, then when a kindler is wanted, a ball is moistened with kerosene from

a bottle and applied to the wood in the stove, when lighted by a match, it burns long enough to start the wood to burning. This same bottle of kerosene moistens a cloth to keep the porcelain sink white and stainless. One may make her own baking powder, having it pure and at less cost. Mix a pound of pure cream of tartar, six ounces of tartaric acid and a pint of flour together and sift at least five or six times. Place in tin cans and keep tightly covered; use as any other baking powder.

If suede shoes become shiny, rub with a fine piece of emery paper. When shoes squeak run linseed oil into the sole. Sandpaper also removes the shine from clothing.

Mix flour with lye and fill the mouse holes. The most courageous mouse will not reopen such a hole.

An emergency funnel may be made by rolling into a cone shape a piece of writing paper.

A new kind of toast. Slice a loaf of bread through to the lower crust, leaving that intact. Place the loaf in the oven until thoroughly heated and slightly crisp around the edges. Serve the loaf whole and very hot; each may then be served with a hot slice. It may be buttered before going into the oven if desired.

A handy pie crimper is made by using a large screw along the edge of the pie.

An upholstered chair may be cleaned nicely after a thorough dusting in the open air. Rub it with a good big pan of hot bran, brush well and the chair will be clean.

Let a tough steak lie in olive oil and vinegar, turning it once during the softening process. An hour will serve to soften the fibers of the meat, making it very much more palatable. Use equal parts of oil and vinegar.

To clean spots on silk without leaving a ring, use a paste of magnesia and gasoline. Rub dry and air well before using the garment.

Photographs which have become soiled by dust and dry specks may be cleaned with a cloth dampened in alcohol.

Duty is a power which rises with us in the morning and goes to rest with us at night. It is the shadow that cleaves to us, go where we will, and which leaves us only when we leave the light of life.—W. E. Gladstone.

## GOOD THINGS FOR THE TABLE.

Among the following may be found some dish which will appeal to the taste of a few members of the family.

**Savory Chicken Fricassee.**—Cut up a four-pound chicken, put the legs, wings, neck and giblets in the bottom of a stewpan; chop together a fourth of a cupful of ham, three medium-sized onions, one pimiento, and sprinkle this over the layer of chicken, season with salt and pepper and place the remainder of the chicken on this, cover with boiling water, cover tightly and simmer for one hour. The gravy should be thickened with flour, it may be blended with a little of the broth, using a tablespoonful of flour to a cupful of broth.

**Crumplets.**—Dissolve a half of a compressed-yeast cake in a little warm milk, add more, making three cupfuls of milk, add a half teaspoonful of salt, and stir in four cupfuls of flour, let stand overnight, and in the morning add two tablespoonfuls of melted butter and a fourth of a teaspoonful of soda dissolved in a tablespoonful of hot water. Beat thoroughly, put into well-buttered muffin rings, filling them half full; let rise a half-hour and bake in a quick oven.

**Chili Con Carne.**—Grind a pound of round steak, then brown it in two teaspoonfuls of beef drippings. Cover with boiling water, cook until tender, season with salt and a tablespoonful of chili powder, add a can of kidney beans, two tablespoonfuls of chopped onion, a quart of tomatoes and simmer until the tomato pulp is entirely absorbed. Serve hot with rice.

**Baked Ham With Apples.**—Have a slice of ham cut an inch thick, wipe trim off most of the fat, and rub in as much of 1½ cupfuls of brown sugar as it will take up. Lay in a pan and cover with tea cloves. Pare and cut six tart apples in quarters and lay them around the ham. Sprinkle the remaining sugar over the apples and add a half cupful of water carefully, not to dislodge the sugar. Cover and bake 45 minutes, or until the ham is tender.

Absence of occupation is not rest; A mind quite vacant is a mind distressed.—Cowper.

## LAST MINUTE DISHES.

Eggs lend themselves to so many dishes which may be prepared in a hurry that with a few fresh eggs, almost any dinner may be pieced out in a few moments. The omelet, scrambled eggs, golden rod eggs, eggs cooked in cream, and various and sundry others which will occur to the cook are all good emergency dishes.

**Corn Pudding.**—Mix a cupful of chopped cooked meat with a can of corn, season with salt and pepper, add a cupful of milk and one beaten egg, mix all together and bake ten minutes in a hot oven. Where the time is too short for baking small cakes may be fried in a little hot fat. Or it may be cooked in the form of an omelet. Macaroni with a little leftover chicken and gravy, if reheated, makes a most satisfying dish. Any cooked meat may be used in place of the chicken.

**Meat Rice Balls.**—Parboil rice, drain, saving the water. Tie the rice up in squares of cheesecloth with a little chopped meat in the center, cook in the rice water until the rice is tender. Remove from the cloths and serve with tomato or brown sauce.

**Blanketed Eggs.**—Make a rich white sauce and place a spoonful in the bottom of the ramekin, drop in an egg and cover with another spoonful of white sauce well seasoned, place in the oven and bake until the egg is set, from five to ten minutes. Dates, stuffed with nuts, and then rolled in granulated sugar, make a most wholesome dessert.

**What to Do With Soup Meat.**—Soup meat is both nourishing and wholesome, if properly prepared. The delicate extractives which are the appetizing flavors in meat are usually absent in meat that has been treated for soup, but by adding seasonings of various kinds the meat will become again well flavored and palatable. One or two bouillon cubes may be added to a little water and chopped soup meat with seasoning added; this mixed with chopped cold boiled potato makes a good hash if served piping hot. This meat may be used in the rice balls or various other ways will occur to the cook who is thinking about economy.

Stillest streams,  
Off water greenest meadows; and the bird  
That flutters least is longest on the wing.—Cowper.

## HOUSEKEEPERS' HINTS.

We have all had trouble keeping vinegar cruets bright and shining, but here is an easy method. Put about a quarter of a teaspoonful of concentrated lye into the cruet and fill with soap suds. Let it stand, shaking it occasionally, for a half day,

when all the brown sediment will be removed and the glass will be bright and shining.

To clean white enamel woodwork with little labor, use warm water to which has been added a few tablespoonfuls of whiting, a cheap substance which can be bought at any drug store. Wipe and rub dry with a dry cloth.

Ozone cleans engravings and bleaches paper perfectly without injuring the fiber. It can also be used for removing mildew and other stains from engravings and pictures that have been soiled by hanging against a damp wall. The ozone may be generated by putting a piece of phosphorus in the bottom of a vessel partly covered with water. Put the picture over the dish so that the fumes will do the bleaching.

Gilt frames which have become discolored may be brightened if they are thoroughly cleaned. With a small brush remove all dust, then brush with the white of egg beaten with a pinch of salt and soda. After a few minutes wash this off with soft water and dry with a flannel cloth.

A balky curtain rod, if small enough to slip a thimble over, will slip through the lace without a protest. If a larger pole is used, wrap the end with a piece of cloth tied firmly over the end.

There are a few people who still are unaware that a drawer that sticks may be disciplined with a piece of soap rubbed on its edges.

Ways of lightening the labor of window washing: A teaspoonful of glycerin and a little ammonia to a gallon of water is said to make windows sparkle like crystal. Another: Add a tablespoonful of vinegar to a quart of water. Wash with a soft cloth and wipe dry with a lintless dry one.

Matting may be shellaced thus preserving it and also staining it any color to match the room furnishings.

Nettie Maxwell

# ORCHARD TOPICS

## PLEASURE IN FRUIT GARDEN

Owner Must Give It Attention From Early Spring to Late Autumn—Use Early-Bearing Plants.

Besides increasing the fruit supply and cultivating a taste for quality, the maintenance of a fruit garden may be made a great source of pleasure. The possession of a tree which one himself has planted and reared to fruit production carries an added interest in its product, as well as in the operation by which it was secured. The unfolding of the leaf, the exposure of the blossom buds, the development of the flowers, and the formation of the fruit are all processes which measure the skill of the cultivator, and when the crowning result of all these natural functions has been attained in a crop of perfect fruit, the man under whose care these results have been achieved will himself have been made happier and better.

To those familiar with the facilities at command for the culture of fruit and the general interest in the subject, the remarkable absence of successful fruit gardens about city, suburban and country residences can be explained only on the ground that those who would be most likely to give



Raspberries Between Apple Trees.

attention to their care and maintenance have no object lessons or literature at hand to guide them in laying out such gardens.

Most persons engaging in the cultivation of a home fruit garden will have as their chief aim the production of fruit for the family table and the pleasure it affords; others will go a step further and find an added source of pleasure in the problems of cross-pollination and the production of new forms. In a majority of cases, however, the aim will be the one first mentioned.

In order to prove a source of constant pleasure and gratification, a fruit plantation must claim the attention of its owner from early spring to late autumn; its products, too, must be so planned as to cover the greatest possible portion of the seasons between frosts. The problem presented involves a succession of fruits, from earliest to latest, as well as a combination of light-loving and shade-enduring plants. The intensive culture and the liberal feeding to be given demands that all plants be of types which bear early and heavily in proportion to their size. The question of longevity is of no moment; immediate fruit production is the object. With this view of the question, taken in connection with the great variety of conditions presented both by the extent of the country and the manner of life of those interested, it is manifestly impossible to make general statements.

## BADLY GNAWED TREES SAVED

Scions Cut Long Enough to Insert Into Bark Above and Below Wound Are Efficacious.

Trees that are badly gnawed may be saved by bridge grafting. Cover the wound with grafting wax, after which wrap securely with burlap or cover with earth. The scions are cut long enough to insert into the bark below and above the wound. From three to five are commonly used on injured trees.

If the injury extends to less than half the distance around the tree it is not necessary to bridge graft as the bark will grow over the wound in one or two years if the injured portion is covered and protected to prevent rot and infection.

If trees are badly injured it will not pay to transplant them.

## BORDEAUX FOR LEAF BLIGHT

New York Station Repeats Assertion That Mixture is Effective as Trouble Preventive.

A bulletin of the New York experiment station repeats that there is no question as to the efficacy of the Bordeaux mixture as a preventive of the leaf blight, which has been so destructive to strawberries in many parts of the country.

The young plants should be sprayed the first year as soon as they become established, and the mixture should be applied four times during the first season, and at least twice before fruiting the second season.

The mixture is now prepared with only half the strength originally used, the formula being two pounds of lime and three pounds of copper sulphate, with 22 gallons of water.

# BROKEN DOWN IN HEALTH

Woman Tells How \$5 Worth of Pinkham's Compound Made Her Well.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."



—Mrs. JENNIE MOYER, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

Takes a Back Seat Then. "They say he is an authority on the subject."  
"He is until he talks to his wife."

Kill the Flies Now and Prevent Disease. A DAISY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers or six cent express paid for \$1. H. SOMMERS, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

## Luminous Radium Paint.

A luminous compound containing radium has been developed by an American manufacturer for use in locating electric-light switches in the dark, marking watch dials, etc. In powder form the compound is of about the same fineness as ordinary talcum powder, and is nearly as white, says Electrical Merchants. This powder may be mixed with adhesives or varnishes and used as a paint. The compound is also furnished in flexible sheets which can be cut and shaped as desired, and can be applied to uneven or broken surfaces. This form can be used in making self-contained brass-backed buttons to glue on electric switches already installed and for manufacturers to fit into the hard rubber portions of new switch buttons. The enamel is said to be waterproof and immune to damage from vibration, and may be applied to watch dials and indicating devices of all sorts.

## Help Straighten the World.

The world is topsy-turvy today, but a normal and permanent equilibrium must and will be restored in time. It is going to be a big task to accomplish this. Whether this restoration be what it should be, the new order of things will affect every country in the world, every nation, this nation; every individual, you. It is incumbent upon you to be a factor, an influence, in the right result, no matter whether as human values are rated you are small or great. And the time to begin is now, now, now; for the way is long, the problems ahead are almost insuperable, and the world is in sorry need of the combined thought and wisdom of all.—The Three Partners.

## A Severe Proposition.

"What are your political sympathies?"  
"My friend," replied Senator Sorghum, "out in the part of the country where I learned the game, there is no sympathy in politics."

**Economy!**  
**Flavor!**  
**Nutrition!**  
**Grape-Nuts**  
FOOD  
FOR  
**Breakfast**  
**Lunch**  
OR  
**Supper**