

# "CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Step having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

### Profit His Pal.

"I write plays for what there is in it," writes George M. Cohan in the first of a series of articles—his subject being "The Stage as I Have Seen It"—in the Green Book Magazine. "Popularity is all right, but profit sticks around longer. I picked profit for my pal when I was a kid, and it has been a pretty good sort of a big brother ever since."

### CARE FOR YOUR HAIR

By Frequent Shampoos With Cuticura Soap. Trial Free.

Precede shampoos by touches of Cuticura Ointment if needed to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair, hands or skin than these fragrant supercreamy emollients. Also as preparations for the toilet.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

### Lapsus Linguae.

"I shall be awfully stupid now," exclaimed a wife who had returned from a visit to her dentist.

"Why so, my dear?" queried her husband.

"Because I have had all my wisdom teeth pulled out," replied the lady.

"Oh, my love, the idea that wisdom teeth have anything to do with wisdom is a foolish one! If you were to have every tooth in your head pulled it couldn't make you any stupider, you know!"

Curtain.

### His Regular Cue.

Many a man who permits himself to be led forth to musical entertainments does not care for will appreciate the following:

"What made you start clapping your hands when that woman stepped on your foot in the tramcar?"

"I was dozing," answered Mr. Cumrox. "I thought mother and the girls were having a musicale at home and one of them was signaling that it was time to applaud."

### Irresponsible.

"No matter how hard misfortunes strike some men, they never lose their poise."

"I dare say that's true."

"I know a man whose favorite order used to be, 'Waiter, a bottle of wine.' Nowadays he puts on just as many airs when he says, 'Heinie, a bucket of suds.'"

### STICK TO IT Until Coffee Hits You Hard.

It is about as well to advise people to stick to coffee until they get hit hard enough so that they will never forget their experience.

A woman writes and her letter is condensed to give the facts in a short space:

"I was a coffee slave and stuck to it like a toper to his 'cups,' notwithstanding I frequently had severe attacks of sick headache; then I used more coffee to relieve the headache, and this was well enough until the coffee effect wore off.

"Finally attacks of rheumatism began to appear, and ultimately the whole nervous system began to break down and I was fast becoming a wreck.

"After a time I was induced to quit coffee and take up Postum. This was half a year ago. The result has been most satisfactory.

"The rheumatism is gone entirely, nerves practically well and steady, digestion almost perfect, never have any more sick headaches and am gaining steadily in weight and strength."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.

—sold by Grocers.

# INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course.)

LESSON FOR JANUARY 10

DEBORAH AND BARAK DELIVER ISRAEL.

LESSON TEXT—Judges 4-16. GOLDEN TEXT—The righteous cried, and Jehovah heard and delivered them out of all their troubles.—Ps. 34:17, V.

There are two inspired accounts of this victory, one in prose (ch. 4) and one in poetry (Judges 5). They present different views of the same event. Israel had been oppressed for 20 years under Jabin and Sisera, his chief captain (4:2) though it seems to have been that the northern tribes of Naphtali, Asher and Zebulun, the Galilee of Christ's day, were chiefly concerned.

### Mother in Israel.

I. Deborah's Call to Service, vv. 4-9. As the people forsook God he forsook them, and they became easy prey. If we withdraw from his service we also withdraw from his protection. Although Joshua had burned Hazor (Joshua 11:11), yet because of Israel's backsliding it is now strong enough to become the ruler. It is so with sin—allow it to exist and it will conquer. When, however, Israel repented and cried unto God (v. 3) he raised up a deliverer and in this case it was a "mother in Israel" (ch. 5:7). The word Deborah means "bee," and it is suggested that "she answered her name by her industry, sagacity and usefulness to the public, her sweetness to her friends and sharpness to her enemies" (Matthew Henry). Her husband's name is given, but none of his achievements. From her dwelling place at Beus, as she sat beneath a palm tree she gave forth her wisdom and judgment to the people who brought their difficulties before her (Ex. 18:13; Deut. 17:8-12). Judgment of sin always precedes any manifestation of grace (I Cor. 11:31, 32). Deborah, the judge, recognized the gravity of the situation, for she was not only a judge, but a prophetess by divine appointment (II Pet. 1:21). When she called Barak on once recognized her note of authority (v. 6). Deborah gave Barak explicit instruction and direction. In this chapter only the two tribes most interested are mentioned (5:17, 18).

### Bold, Sagacious Leader.

II. Barak's Conquest of Sisera, vv. 10-16. Barak was a bold, sagacious leader and chose one of the world's best and most famous battlefields, Esdraelon. Barak led his men to Mt. Tabor, from which could be seen the whole region where Sisera's armies were spread out upon the plain. From chapter 5 it appears that some came to the battle from the tribes of Manasseh and Issachar (5:14, 15) and that others were expected who failed to obey the summons (5:15, 17). From the slopes of Mt. Tabor, Deborah and Barak saw Sisera and his iron chariots advancing across the plain. One of the descendants of Hobab, Moses' brother-in-law (Num. 24:22 R. V. m., and Judges 1:16) had revealed the place of Barak's camp (v. 11). Heber should have been in the land of Judah and Simeon and not in such close proximity to the enemies of Israel. Josephus says that when Barak saw Sisera's army drawn up, and attempting to surround the mountain of his encampment his heart failed him, and he determined to retire to a place of greater safety. Deborah, however, urged Barak to attempt the battle. "For this is the day in which the Lord hath delivered Sisera into thine hand." The thing was as sure to be done as if it were done already. As we read verses 11 and 12, together with 5:17-19, it would look as though Sisera seemed to have the advantage against Barak and his ten thousand men. Sisera did not, however, count upon Barak's powerful ally—God. "Is not Jehovah gone out before them?" Deborah had enthusiasm and zeal, but needed Barak's action. She depended upon the word of God and was devoid of fear (Rom. 8:31). She knew that victory was certain, for God had said so (v. 7). Her charge, "Up, Barak!" was a clarion call and served to nerve the entire army of Israel. Verse 15 tells us who it was that won the battle that day (see also 5:20, 21; Josh. 10:10; I Chron. 15:16-17). Even the stars fought against Sisera, meaning that God turned the elements to the advantage of Israel's army. Showers of meteors have been recorded in this land in recent times and 5:21 tells of the floods of water that "swept away," overthrew, the chariots of Sisera. The word "discomfited," we are told, scarcely suggests the sudden terror and confusion which fell upon Sisera's army. Like all of God's victories, it was most complete.

A brave, outraged woman executed a sentence which some male member of her "army" would certainly have been bound to carry out. The "curse of Meroz" (5:23) is that bestowed upon the shirker, the cowardly and idle. It is the curse of uselessness, the causes of which are cowardice, false humility and indolence. The work of the Avenger is a necessity. Evil stalks the world on the way to execution; though wrong reigns, it must and will lead through the power of the highest to Christ's glory (I Eph. 5:12, Rom. 8:3).

# I Took Cold It Settled In My Kidneys.

I Used Peruna. Am all Right Now. I owe my Health to Peruna.



Mrs. Anna Linder, R. F. D. 5, Dassel, Meeker Co., Minn., writes: "For two years I suffered with that terrible disease, chronic catarrh. 'Fortunately, I saw your advertisement in my paper. I got your advice, and I took Peruna. Now I am well and the mother of two children. I owe it all to Peruna. I would not be without that great tonic for twice its cost, for I am well and strong now. I cannot speak in too high terms of its value as a medicine.'"

TAKE **Tut's Pills** The first dose often astonishes the invalid, giving elasticity of mind, buoyancy of body, regular bowels and solid flesh. Price, 25 cts.

### AND WHAT WAS HE TO DO?

Almost Any Married Man Will Appreciate the Situation Poor Hubby Got Himself Into.

"What a beautiful new hat and coat!" she cried, as soon as he came home that afternoon.

"Isn't it? I mean, aren't they?" he said proudly. "Bargains, too. The overcoat was \$16, reduced from something, and the hat was \$4, but they're going to raise the price next week."

His young wife crowded with delight. "Herman, you look stunning!" she exclaimed. "Let me put them on, to give you some slight idea of the general effect. You can never tell on yourself, you know."

And she put them on. The coat was a nobby plaid Balmacaan and the hat was a Nile green felt, very swagger.

"By Jove, Cecile," he cried, "if I look half that good in 'em I'm satisfied!"

She walked to the pier glass. "You look very fine in them, dear," she said hesitatingly, "but—truth compels me to say they're more than twice as becoming on me. You know, the women are wearing men's hats and coats this winter. Don't you think you could get yourself another outfit tomorrow—something in colors a little more becoming to you, perhaps? We have fried chicken and waffles for dinner, just the way you like them."

And—but what's the use?

### RESINOL WILL SURELY STOP THAT ITCHING

What blessed relief! The moment resinol ointment touches itching skin, the itching stops and healing begins. That is why doctors have prescribed it successfully for nineteen years in even the severest, stubbornest cases of eczema, ringworm, rashes and many other tormenting, unsightly skin diseases. With the help of warm baths with resinol soap, resinol ointment restores the skin or scalp to perfect health and comfort, quickly, easily and at little cost. At all druggists.—Adv.

### Born Diplomat.

"Harry, I am beginning to believe the baby looks like you."

"Are you, dear?"

"Yes, I notice it more and more every day. I'm so glad."

"Do you really want him to look like me?"

"Of course I do. I've been sorry ever since we had him christened that we didn't give him your name."

"Sweetheart, you don't know how happy you make me by saying that."

"And, Harry, dear—I found the love liest hat today. I don't believe I ever saw anything that was so becoming to me. It's \$25. Do you think I ought to pay that much for a hat?"—Chicago Herald.

### Effeminate.

Gabe—Why do you say he is effeminate? He doesn't act that way.

Steve—He always wants the last word.

### It's Nature.

"I've got work with a circus, tending to the animals."

"What a beastly job!"

### ARMORED CAR IN WARFARE

European Armies Have Found It of the Greatest Value in Their Operations.

Although an engine new to warfare, the armored motor car has proved extremely useful, especially for outpost and scouting duty. Fast, silent, and mobile, it covers a vast amount of ground on the splendid roads that crisscross the field of war in western Europe. Most of the cars are placed in a light frame of tough steel plate that ranges in thickness from three-sixteenths of an inch to a quarter of an inch, and that is impervious to rifle and machine-gun fire. All the vulnerable parts of the motor, such as the radiator and steering gear, and in some of the newest cars the wheels, are protected by the steel covering. The wheels, both wood and wire, are said to withstand the roughest sort of usage. Accidents to the tires are much less common than anyone would expect. The cars carry a light armament—one or two machine guns, so mounted that they can be swung through a complete circle—and a large supply of ammunition. The crew, which may number from four to eight or more men, are armed with rifles and revolvers. Some of the cars have a steel superstructure that rises from the chassis frame high enough to enable the crew to stand upright, and that is capped with a domed roof, from which bullets and shrapnel usually fly off at a sharp angle without even denting the steel.—Youth's Companion.

### IF HAIR IS TURNING GRAY, USE SAGE TEA

Don't Look Old! Try Grandmother's Recipe to Darken and Beautify Gray, Faded, Lifeless Hair.

Grandmother kept her hair beautifully darkened, glossy and abundant with a brew of Sage Tea and Sulphur. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this old-time recipe, ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, itchy scalp and falling hair.

A well-known druggist says everybody uses Wyeth's Sage and Sulphur, because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and abundant. Adv.

### Inside Criticism.

"So you are going to be married, Mary?"

"Yes, ma'am, and I'll be leaving you next Tuesday."

"Well, I hope you are getting a good husband."

"If he ain't any better than the one you've got I won't keep him long."

### A Surprise.

Old Maid (who during a short trip had to put her pug dog in board at a neighbor's family)—Well, children have you always been kind to my pet?

Chorus—Yes!

Little Carl (blurring out)—And he can swim, now, too!—Fliegende Blaetter.

### Sometimes Apply It Lightly.

For cuts, burns, scalds, sores and open wounds always apply Hanford's Balsam lightly, but be sure that it covers and gets to the bottom of the wound. A few light applications are generally all that is needed to heal this class of difficulties. Adv.

### Clean Haul.

"A shrewd rascal skipped town the other day, after being in society here for several years."

"I think I understand his method."

"Yes?"

"He got into society for the purpose of going through it."

### HOW IS YOUR LIVER?

If your liver is inactive you will be bilious, dizzy, have headaches, bad breath, pimples, etc. One BOND'S LIVER PILLS at bed time will cure these troubles promptly. They are safe and INEXPENSIVE. If your dealer will not supply you, send 25c to Bond's Pharmacy Co., Little Rock, Ark. Adv.

Fewer young men would stir their wild oats if they should first stop to look for a needle in a haystack.

Many a married man wonders just how small a portion of his earnings he is really entitled to.

The faint heart that failed to win may not have done so badly, after all.

For frostbites use Hanford's Balsam. Adv.

The girl who is as pretty as a picture generally has negative qualities.

### The Size.

Mother asked Davie one morning to fetch a small cabbage from the grocery. "What would you call a small cabbage?" Davie asked.

"Oh, about the size of Jackie's head," answered the mother, referring to the younger brother. A few seconds later a voice came from the doorway: "Mamma, I'm taking Jackie with me to measure by."

### RUB-MY-TISM

Will cure your Rheumatism and all kinds of aches and pains—Neuralgia, Cramps, Colic, Sprains, Bruises, Cuts, Old Sores, Burns, etc. Antiseptic Anodyne. Price 25c.—Adv.

### Hadn't Noticed It.

Tendix—Your wife is certainly outspoken, isn't she?

Hojax—Not that I know of. I never met anyone who could outspoke her.

### What Did She Mean?

Miss Modern—Do you suppose that one could catch disease from kisses?

Mrs. Wise—Well, I caught a husband.

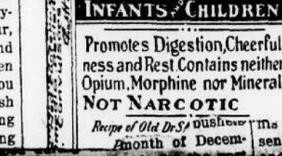
### Her Ideal.

He—What is your masculine ideal?

She—A man who has both sand and dust.

Every woman's pride, beautiful, clear white clothes. Use Red Cross Ball Blue. All grocers. Adv.

You seldom hear of a man marrying a woman to reform her.



### 900 DROPS

ALCOHOL—3 PER CENT Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral NOT NARCOTIC

Fac Simile Signature of THE CENTAUR COMPANY, NEW YORK.

At 6 months old 35 Doses—35 CENTS

Exact Copy of Wrapper.

# Rheumatism Sprains Lumbago Sciatica

Why grin and bear all these ills when Sloan's Liniment kills pain?



"I have used your Liniment and can say it is fine. I have used it for sore throat, strained shoulder, and it acted like a charm."—Allen Dunn, Route 1, Box 88, Pine Valley, Miss.

"I am a painter and paperhanger by trade, consequently up and down ladders. About two years ago my left knee became lame and sore. It pained me at nights at times till I could not rest, and I was contemplating giving up my trade on account of it when I chanced to think of Sloan's Liniment. I had never tried it before, and I am glad to state that less than one 25c. bottle fixed me up apparently as good as ever."—Charles C. Campbell, Florence, Texas.

# SLOAN'S LINIMENT

All Dealers 25c. Send four cents in stamps for a free TRIAL BOTTLE. DR. EARL S. SLOAN, Inc., Philadelphia, Pa. Dept. B

# You Look Prematurely Old

Because of those ugly, grizzled, gray hairs. Use "LA CREOLE" HAIR DRESSING. PRICE, \$1.00, retail.

# Backache Warns You

Backache is one of Nature's warnings of kidney weakness. Kidney disease kills thousands every year.

Don't neglect a bad back. If your back is lame—if it hurts to stoop or lift—if there is irregularity of the secretions—suspect your kidneys. If you suffer headaches, dizziness and are tired, nervous and worn-out, you have further proof.

Use Doan's Kidney Pills, a fine medicine for bad backs and weak kidneys.

An Arkansas Case

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N.Y.

# BLACK LASSES SURELY PREVENTED LEG

Build Up With 50 year tested The old Wintersmith's Tonic

W. N. U., LITTLE ROCK, NO. 2-1915.

# CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

For Over Thirty Years

# CASTORIA

Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.