

CRAMPS, PAINS AND BACKACHE

St. Louis Woman Relieved by Lydia E. Pinkham's Vegetable Compound

St. Louis, Mo.—"I was bothered with cramps and pains every month and had backache and had to go to bed as I could not work. My mother and my whole family always took Lydia E. Pinkham's Vegetable Compound for such troubles and they induced me to try it and it has helped me very much. I don't have cramps any more, and I can do my housework all through the month. I recommend your Vegetable Compound to my friends for female troubles."—Mrs. DELLA SCHOLZ, 1412 Salisbury Street, St. Louis, Mo.

Just think for a moment. Lydia E. Pinkham's Vegetable Compound has been in use for nearly fifty years. It is prepared from medicinal plants, by the utmost pharmaceutical skill, and superior methods. The ingredients thus combined in the Compound correct the conditions which cause such annoying symptoms as had been troubling Mrs. Scholz. The Vegetable Compound exercises a restorative influence of the most desirable character, correcting the trouble in a gentle but efficient manner. This is noted, by the disappearance, one after another, of the disagreeable symptoms.

Habit

Nujol will give you the healthiest habit in the world. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then easily remove it regularly. Absolutely harmless—try it.



Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

TO KILL RATS

and MICE
Always use the genuine
STEARNS' ELECTRIC RAT & ROACH PASTE
It forces these pests to run from the building for water and fresh air.
Ready for Use—Better Than Traps
Directions in 15 languages in every box.
No and E.B. "Money back if it fails."
U. S. Government buys it.

Considerate.
Bobby (triumphantly)—I prayed that God would make grandma better in four days and He's done it.
Mother—Why didn't you pray to have her get better right away?
Bobby—You know things take time.
—Boston Transcript.

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

He is a mean man who withholds from his wife the praise that is due her.

He who sows courtesy reaps friendship.

Use **MURINE** Night Morning
Keep Your Eyes Clean—Clear—Healthy

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By REV. P. S. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
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LESSON FOR JANUARY 22

ELIJAH'S FLIGHT AND RETURN.

LESSON TEXT—1 Kings 19:1-21.
GOLDEN TEXT—I waited patiently for the Lord; and he inclined unto me, and heard my cry.—Ps. 40:1.
REFERENCE MATERIAL—Ezek. 3:1-7; Acts 16:6-19; 18:1-11.
PRIMARY TOPIC—God Sends an Angel to Help Elijah.
JUNIOR TOPIC—God Strengthens Elijah.
INTERMEDIATE AND SENIOR TOPIC—Jehovah's Champion Encouraged.
YOUNG PEOPLE AND ADULT TOPIC—Finding and Finishing Our Task.

This lesson story proves Elijah to have been a man of like passions as we are (Jas. 5:17).

1. Elijah's Flight (vv. 1-14). Upon Ahab's return from the excitement on Mount Carmel, he told his wife all that Elijah had done—that even all her prophets had been hewn to pieces by the sword. This so enraged her that she sent a message of death to Elijah, who seems to have been waiting at the gate (vv. 1, 2). This was clearly a bluff on Jezebel's part. Though Elijah had courageously stood before the king and the priests of Baal, he now cowered before this woman and fled for his life. He seems to have fallen at his strongest point.

1. Elijah under the juniper tree (vv. 3-7). The juniper tree was a shrub of the desert which afforded shelter and protection to travelers from the burning sun by day and the cold wind by night. (1) His request (v. 4). This was that he might die. This was, no doubt, a foolish thing for him to say, but let us be as considerate toward him as was God. The discouragement, and even despondency, of Elijah was due to the nervous strain of about four years of unusual service for God, which culminated on Mount Carmel. Such nervous reaction is to be expected. (2) God's tender treatment (vv. 5-7). (a) He gave him sleep (v. 5). "He giveth His beloved sleep" (Psa. 127:2). (b) He sent an angel to cook Elijah's meal (vv. 6, 7). The angel of the Lord is usually understood to be the second member of the Holy Trinity. If this be correct, then we see Jehovah-Jesus preparing food for His servant Elijah, as He afterward did for His discouraged disciples by Galilee (John 21:10). God again gave him sleep, and at the proper time again gave him food. Though Elijah wanted to die, God had something better for him, for in a later day He met him with the "chariot of the Lord" and took him to heaven untouched by death.

2. Elijah at Horeb (vv. 8-14). (1) God's interview with Elijah in the cave (vv. 9, 10). (a) God's question (v. 9). "What doest thou here, Elijah?" This was a stinging rebuke, though most kindly given. It implied that His appointed messenger was now far away from the field of duty. Elijah was not where God wanted him, but God sought him where he was. How blessed to know that "A God-forsaking saint is not a God-forsaken saint!" (b) Elijah's answer (v. 10). Elijah tried to vindicate himself by asserting his jealous loyalty to God—that in spite of all this the people had not only rejected his message and dishonored God, but had sought to destroy him. (2) God's interview with Elijah on the Mount (vv. 11-14). While standing before the Lord on the mount, God caused a mighty demonstration of wind, earthquake and fire to pass before him to show unto him the nature of the work which he had been doing for God, and to show him what was lacking in his work for the fullest attainment of success. Elijah had about him much of the whirlwind, earthquake and fire. His work had been terrifying and alarming, but it lacked in gentleness and love.

II. Elijah's Return (vv. 15-18). Though Elijah had erred, God brought him again into His service. How comforting to know that God does not reject His servants because of their failures in times of despondency! He deals with them after the motive of their hearts. Elijah was nourished and instructed by the Lord and then sent on a high mission. God is a fine psychologist. He took Elijah out of himself by giving him a new commission. The most healing ministry is that of work. Many bereaved ones have been lifted out of themselves by active ministry to others. Before God would come in His chariot to take Elijah home, He set him upon a threefold ministry:

1. To anoint Hazael king over Syria (v. 15).
2. To anoint Jehu king over Israel (v. 16).
3. To anoint Elisha as his own successor (vv. 19-21).

LAND OF WEALTH

Potentialities of Western Canada Abundantly Proved.

Prizes Taken at International Live Stock Exposition Show What Land is Capable of Producing.

Forty years ago the first sale was made of lands acquired by the Canadian Pacific railway. This is but a short span in the lives of many, and there are those who look back upon that period as it being but of yesterday. Yet when one glances back it is to marvel at the accomplishments of that period. One of the most striking of these is the progress that has been made in Western Canada since that day, forty years ago, when an official of the railway placed his signature to the document that gave possession to the new owner of a section of land. This was the first sign of the wealth that in time would be added to the wealth of the world in forty years, this single section of land being the base upon which the future would be built. The potential wealth was but in embryo; today it is a big, living reality. Among the many things that reveal this, may be seen the winnings made by Western Canada exhibitors at the International Live Stock show held in Chicago in 1921. These were so marked in their number as to give to the world—the American world—a splendid idea of the excellence of the products of the farms of the new but rapidly developing country lying to the north of the international boundary line.

The results of the exhibition show, according to the Manitoba Free Press, that in live stock and grain exhibits the three prairie provinces of Canada made something like 150 winnings. Every animal sent from the province of Alberta won a prize. Exhibits included Shorthorn and Hereford cattle and Percheron and Clydesdale horses. An Alberta-bred heifer got fourth place in a class of eighteen outstanding individuals. In grain, Alberta made simply an astounding record, securing the sweepstakes for oats, and eight or nine prizes before even the American exhibitors secured a placing, and while the grand championship for wheat went to Montana, the prairie provinces took 23 out of 25 possible placings. The first prize for alfalfa seed was awarded for seed grown at Brooks, Alberta, in competition with 43 entries. Alfalfa-growing in Western Canada has been increasing by leaps and bounds, and this victory will give it and the dairy industry, which is always linked with it, a further impetus. In live stock classes alone Saskatchewan had sixty entries and took sixty-four ribbons.

The winning of the grand championship for Clydesdale stallions by a Saskatchewan horse, for the second time in succession, was almost exceptional. He was bred on a Western Canada farm, fitted and prepared for exhibition there, and able to win over horses shown from the studs of men who have unlimited money to spend on the breeding and preparation of their exhibits. This is proof positive that the farmers of Western Canada are not only in a position to breed

their own horse power, and that of a very high quality, but to breed horses that will be saleable in any market of the world.

Manitoba takes just pride in the fact that a Percheron stallion, first in his class and Canadian-bred champion, was bred by Vance, of Crandall, Manitoba. Manitoba took 84 places outside of the grain exhibits.

When all is said and done, the real triumphs are the wins of both live stock and grains actually produced in the great Canadian provinces.

Commenting upon the enterprise of agriculturists of Western Canada in sending exhibits to the International Live Stock exposition at Chicago, the New York Herald in a recent issue said: "Western Canada is encouraging diversified farming in a way certain to bring an increased flow of dollars into the pockets of agriculturists, who at one time devoted their energies exclusively to the raising of grain crops."—Advertisement.

A Serious Case.
Rub—"Binks has been in the hospital six weeks." Dub—"What's the trouble?" Rub—"Pretty nurse."

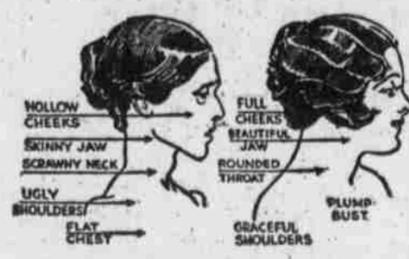
The use of soft coal will make laundry work heavier this winter. Red Cross Ball Blue will help to remove that grimy look. At all grocers—Advertisement.

Down on the Farm.
"Don't you need a scarecrow in sowing time?"
"No! My wife is generally about!"

AT THE FIRST SIGN OF A COLD—USE
CASCARA QUININE
WORLD'S Standard Cold and La Grippe Remedy. Demand not less bearing Mr. Hill's portrait and signature.
W. H. HILL COMPANY, DETROIT
W. N. U., KANSAS CITY, NO. 3-1922.

New Yeast Vitamin Tablets Round Out Face and Figure

With Firm, Healthy Flesh, Increase Energy and Beautify the Complexion—Easy and Economical to Take—Results Quick



Thin or run-down folks who want to quickly get some good, firm, solid flesh on their bones, fill out the hollows and sunken cheeks with strong, healthy tissues, and build up increased energy and vitality should try taking a little Mastin's VITAMON with their meals. Mastin's VITAMON is a tiny tablet containing highly concentrated yeast-vitamins as well as the two other still more important vitamins (Fat Soluble A and Water Soluble C). It banishes pimples, boils and skin eruptions as if by magic, strengthens the nerves, builds up the body with firm flesh and tissue and often completely rejuvenates the whole system. Quick, gratifying results. No gas caused.

If you are thin, pale, haggard, drawn looking or lack energy and endurance take Mastin's VITAMON—two tablets with every meal. Then weigh and measure yourself each week and continue taking Mastin's VITAMON regularly until you are satisfied with your gain in weight and energy.

IMPORTANT! While the remarkable health-building value of Mastin's VITAMON has been clearly and positively demonstrated in cases of lack of energy, nervous troubles, anemia, indigestion, constipation, skin eruptions, poor complexion and a generally weakened physical and mental condition, it should not be used by anyone who OBJECTS to having their weight increased to normal. Do not accept imitations or substitutes. You can get Mastin's VITAMON tablets at all good druggists.

MASTIN'S VITAMON TABLETS ARE POSITIVELY GUARANTEED TO PUT ON FIRM FLESH, CLEAR THE SKIN AND INCREASE ENERGY WHEN TAKEN WITH EVERY MEAL OR MONEY BACK

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USE THE BEST FAULTLESS STARCH FOR LAUNDRY WORK
FOR SHIRTS COLLARS CUFFS AND FINE LINEN

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We state it as our honest belief that the tobaccos used in Chesterfield are of finer quality (and hence of better taste) than in any other cigarette at the price.
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Chesterfield CIGARETTES

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(Two 10's—18c)

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