# THE CHARM OF MOTHERHOOD

## Enhanced By Perfect Physical Health.

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of [illegible] child, and a distinct change in the [illegible] results.

[illegible] more charming than [illegible] mother of children, [illegible] under the right [illegible] hazard to health or [illegible] plainable thing is [illegible] with all the evidence of shattered [illegible]es and broken health resulting from [illegible] prepared condition, and with am[illegible]e in which to prepare, women [illegible]sist in going blindly to the trial.

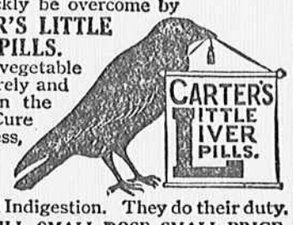
[illegible]y woman at this time should rely [illegible] Lydia E. Pinkham's Vegetable [illegible]pound, a most valuable tonic and [illegible]gorator of the female organism.

[illegible] many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

# The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.




Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

TRY THE OLD RELIABLE

# WINTERSMITH'S CHILL TONIC

For MALARIA CHILLS & FEVER

A FINE GENERAL STRENGTHENING TONIC


### Chambermaids' Minimum Wage.

The Washington industrial welfare commission has fixed nine dollar per week as the minimum wage for chambermaids and other help in that state.

### Mainstay of the Business.

What would the world do without women? Nine-tenths of the dry goods stores would go out of business, for one thing.


## SOFT WHITE HANDS

Under Most Conditions If You Use Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Nothing better or more effective at any price than these fragrant supercreamy emollients. A one-night treatment will test them in the severest forms of red, rough, chapped and sore hands.

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


There is no capital punishment in Italy.


## Danger in Delay

The great danger of kidney troubles is that they so often get a firm hold before the sufferer recognizes them. Health will be gradually undermined. Backache, headache, nervousness, lameness, soreness, lumbago, urinary troubles, dropsy, gravel and Bright's disease may follow as the kidneys get worse. Don't neglect your kidneys. Help the kidneys with Doan's Kidney Pills. It is the best recommended special kidney remedy.

### A North Carolina Case

Mrs. S. W. Beattie, 807 E. Ninth St., Charlotte, N. C., says: "I was all run down and could hardly drag myself around. My head bothered me and I was so dizzy I could hardly keep from falling. My kidneys were weak. I was nervous and had but little control over the kidney secretions. Soon after using Doan's Kidney Pills, I improved and continued use strengthened my back and put me in good health."

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

SPECIAL PRICES on the Famous Warren Strain, Single Comb White Leghorns, the greatest egg laying strain in America. Scientifically bred on largest and best equipped poultry farm south of Mason and Dixon line. The bird you will eventually buy. THE WARREN POULTRY FARM, T. M. Bost, owner, WISE, N. C.

W. N. U., CHARLOTTE, NO. 33--1915


# INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course, The Moody Bible Institute of Chicago.)

## LESSON FOR AUGUST 15

### JEROBOAM LEADS ISRAEL INTO SIN.

LESSON TEXT—I Kings 12:25-33.

GOLDEN TEXT—Thou shalt not make unto thee a graven image, nor any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; thou shalt not bow down thyself down unto them, nor serve them. Ex. 20:4, 5a.

Whether Jeroboam incited Israel's rebellion or was summoned home because of his being known as an opponent to Israel, we cannot say. He must have remembered Ahijah's prophecy (11:29-40) and he had another prophet on his side, Shemaiah (12:22-24), though Ahijah afterwards deserted him (14:1-18). In Egypt, Jeroboam had learned of the worship of the bull Apis and upon setting up his kingdom, saw at once the need of centering the religious life of the people elsewhere than in Jerusalem.

**I. "Calves of Gold" vv. 25-30.** Given these ten tribes by God (11:31) the people had chosen Jeroboam without seeming consultation with God, and the result was a tragic future for the Hebrews. David's monarchy lasted scarcely two generations. Rehoboam's second attempt at coercion (12:21-24) is rebuked and he settles down in Judea but fortifies many cities (II Chron. 11:5-12; I Kings 12:24; 14:17). Jeroboam likewise built cities, Shechem and Penuel, but the result of the schism was a weakened people and Israel was the first to be carried into captivity and to extinction as a nation. Defensed cities are not adequate safety for a nation (11:38; 2 Chron. 20:20; Zech. 1:4, 5). Witness Liege and Antwerp. As a matter of political prudence Jeroboam's scheme of removing the center of worship from Jerusalem succeeded admirably. The center of gravity of a man and of a nation is that place where he centers his worship. The temple had no image, and his setting up of his images of bulls was a backward step, though doubtless it was regarded as best for the nation. Jeroboam's fatal error was in deflecting the people from the invisible Jehovah to the visible creations of their own hands. Mankind always prefers to trust to their own devices and to plan their own deliverance rather than to trust in God. The evidence of our trust in God is to obey him. Note Jeroboam took counsel, not as did Rehoboam, of the aged or the young, but "in his heart." We are not to lean to our own understanding but upon the Holy Spirit (John 16:13). Man is "slow of heart" and that one at all familiar with Hebrew history should repeat the mistake Aaron made is scarcely to be understood (Ex. 32:4-8). The errors and "isms" of today are but a repetition of the false teachings of former days dressed in a new garb, labeled with a new name; such is the deceitfulness of the human heart (Jer. 17:9). Jeroboam's excuse was plausible enough (v. 28) and appealed to the ever-present weakness of the human heart to seek some easier way of serving God. But man's way always becomes the hardest way. Jeroboam today would be classed as a "liberal" and held up as a "broad-minded man."

**II. "Priests of the Lowest" vv. 31-33.** Jeroboam's real concern was not that of the people but the permanency of his kingdom. Jeroboam was not introducing a new God but a new way of worship. One step always leads to another, and to fully establish this new way, and at the same time entirely to control the situation, he selected from among 'all the people" priests who were to carry on Jehovah's worship. God had selected the sons of Levi and specially ordained them for this service (Num. 3:10). When the devil introduces a new religion, or any false idea of Christ, or the Bible, he always appeals to sacred memories, or else claims a "modern expression of the truth." Jeroboam not only chose those who would be beholden to himself, but he also selected positions in his kingdom, at either end, each of which was easily accessible. Thus to build and thus to select others than the sons of Aaron as priests was expressly forbidden. But such is the natural perversity and stubbornness of the human heart that it readily follows its leaders into all sorts of apostasy and error (Rom. 8:7). Jeroboam also changed (v. 32) the feast ordained of God on the 15th day of the seventh month (Lev. 23:33, 34) to one occurring in the eighth month. No possible appeal of local interests warranted any such substitution; to obey is better than to modify (Matt. 15:6; Mark 7:13).

**III. The Main Teaching.** Jeroboam's chief purpose was not the glory of God, but this new religion was for personal safety and glorification. His cunningly devised program became the agent of his own and the nation's destruction (13:34; 14:7-11; 2 Kings 10:29, 31), and his opprobious title has become "Which made Israel to sin." Graft and trickery succeed for a time, but only those who obey God in all things build on a solid and lasting foundation. "Nothing in this world is worth doing wrong for." Boys do not succeed by breaking the rules of the game.

# The KITCHEN CABINET

The free use of soups and fresh vegetables is wise for those persons who have a tendency to overindulgence in eating.—Jordan.

### CONSERVES AND PRESERVES.

To preserve pears take six pounds of pared, cored and halved pears, add four pounds of sugar and two cupfuls of water, the juice of two lemons and the rind of one cut in strips and one ounce of ginger root. Drop the pears into cold water as soon as prepared to keep them from discoloring. Boil together the sugar, lemon juice, peel and ginger root for half an hour. Then drop the pears, a few at a time, in the sirup and cook about fifteen minutes. Take out and arrange in sterilized jars and so continue until all are used, then boil the sirup until thick and pour over the fruit. Seal at once.

**Spiced Apple Jelly.**—Take a peck of tart apples, one cupful of whole mixed spices, sugar, vinegar and water, not quite cover. Put the spices in a bag, cook the apples with the spices, vinegar and water in equal parts until the apples are soft. Strain through a jelly bag, allowing the juice to drip; do not squeeze the bag or the juice will not be clear. Boil the juice twenty minutes, or until it jellies, with an equal quantity of sugar. Pour into glasses and seal.

**Rhubarb and Fig Preserve.**—Take three pounds of rhubarb, two and a half pounds of sugar, one pound of figs and two ounces of candied peel; wipe the rhubarb, cut into inch lengths and place on a large dish. Chop the figs and peel and scatter over the rhubarb; on this cover the sugar and let stand until next day. Boil the preserve slowly for an hour, the last half add a small piece of ginger root. Pour into jars and seal.

The following is a delectable conserve never to be forgotten by those who have tasted it:

**Fruit Conserve.**—Take a pound of raisins, two pounds of tart cherries, three oranges, juice and rind, four pounds of sugar. Chop the fruit, add the sugar and boil twenty minutes. Seal in small air-tight jars while hot.

The green Duchess apple makes a delicious appetizer to serve with meats by spicing them just as one does any fruit, only leave the peeling on the green apples as it adds much to the flavor.

### SUMMERY FOODS.

Necessity being the mother of invention is proved every day by the housekeeper who is suddenly assailed with the thought that there is no dessert and unexpected company, all in the same breath. A good emergency dish to keep on hand these warm days and one which will keep for several days is some form of fruit jelly. Lemon jelly is especially nice in combination with other things. If one has a dish of jelly in the ice chest, arrange small spoonfuls of it in alternate layers of fruit in a sherbet cup. This is one that was tried the other day and was highly praised. A little lemon jelly, a preserved peach cut in quarters, a spoonful of orange marmalade and a tablespoonful of pineapple preserve with a little of the juice. This was topped with cream garnished with halves of strawberries and served with simple little lemon cookies and made a dessert most gratifying to all who partook of it. This pint of orange jelly in combination with other fruits like banana, orange and a few strawberries made dessert for another day, in fact it made all together eight servings in sherbet cups.

**Rhubarb Delight.**—Rinse, wipe and remove the peel from tender stalks of rhubarb. Cut the stalks into an earthen dish, scattering sugar over each layer. Add two tablespoonfuls of water; cover and set in the oven. Raisins, dates and figs may be added to the rhubarb if desired. Cook until tender and pink.

**Vegetable Salad.**—Take two cupfuls of chopped cabbage, pour over it the hot fat from a slice of salt pork, cut in dice and fried brown. Add the bits of pork and a minced onion, stir and mix well, then heat hot enough vinegar to just moisten the cabbage and flavor it.

**To Can Rhubarb.**—Wash the rhubarb and cut in inch lengths without peeling. Pack in sterilized jars, then fill with cold water and be sure that there are no spaces which the water does not fill. Now plunge the jars in a pan of water and screw the tops on under water.

"To have no crushing circumstances would be to live a poverty-stricken life. We would none of us attain what we should be unless we were driven to it often against our will. And so the things that we most long to escape are likely to be the things that we most need."—The S. S. Times.

### HOT BREADS.

Our southern sisters think a meal is not complete without some form of hot bread and the old black mammy knew how to make the beaten biscuit and the corn pone as no one else could.

**Southern Rice Bread.**—Beat an egg until light, add one cupful of milk, a half teaspoonful of salt, one cupful of corn meal, and a cupful of cold boiled rice. Beat thoroughly, then add a half cupful of flour, sifted with three teaspoonfuls of baking powder, stir in four more tablespoonfuls of milk, and bake in layer cake tins. Bake thirty minutes in a hot oven. Turn out the cake, spread with butter, and put the other on top, short cake fashion, spread it with butter and put on the third layer. Spread the top with butter, dust with powdered sugar and serve at once.

**Scones.**—Sift together two cupfuls of flour, three teaspoonfuls of baking powder, a half teaspoonful of salt, one teaspoonful of sugar. Beat one egg, add a cupful of rich milk, then the flour; mix quickly and dry by spoonfuls on a buttered pan. Bake in a hot oven twenty minutes.

**Pan Bread.**—Separate two eggs, add the yolks to two cupfuls of milk, two cupfuls of cornmeal, a teaspoonful of salt, two tablespoonfuls of melted shortening and a cupful of bread flour; beat thoroughly and stand aside for twenty minutes. Fold in the three teaspoonfuls of baking powder, beat again, then fold in the whites of the eggs well beaten and bake in a well-greased pan in a moderate oven a half hour.

**Graham Wafers.**—Beat half a cupful of butter to a cream, add a cupful of sugar gradually, drop in an egg and beat three minutes. Put a teaspoonful of soda in a cup, add a tablespoonful of water, and add to the sugar mixture, then add two tablespoonfuls of milk and stir in three cupfuls of graham flour. Knead until smooth, roll into a thin sheet and cut in squares of two inches. Bake in a moderate oven until crisp.

### HOT WEATHER BEVERAGES.

It is well to be provided with the materials for cooling drinks during the hot days of summer. There is no drink so satisfying and "touches the spot" like good egg lemonade. It is not only cooling, refreshing, but nourishing if one is tired from a journey or a shopping tour.

In the time of fresh berries there are any number of concoctions cooling and appetizing to the thirsty palate. Currant, raspberry and cherry shrub made last year will now be appreciated. Grape juice is another most delightful drink. A few bottles of ginger ale kept near the ice and served with a snappy ginger cookie and a sparkling glass of the ale will cause your friends to rise up and call you blessed.

**Iced Chocolate.**—Melt four squares of chocolate with a half cupful of sugar and a cupful of water in a double boiler until smooth. Scald a quart of cream and add to the chocolate, beating thoroughly; cool and strain. Flavor with vanilla and freeze. Serve when frozen like mush.

**Coffee Frappe.**—Take a cupful of ground coffee and two quarts of water, boil five minutes, then strain through a fine cloth. Then add a pint of sugar, stir until dissolved. Add the white of an egg to the coffee and freeze until like wet snow. Serve in punch glasses with whipped cream.

**Grape Juice.**—Cover the well-washed grapes with water, heat until the grapes burst and all the juice extracted. Strain through a colander, add a cupful of sugar to each quart of juice or less sugar if liked; it does not hinder the keeping quality. Cook for five minutes, boiling steadily. Then bottle, seal with wax for next year's hot-weather drinks. Grape juice will be found most grateful as drink in illness, winter or summer. A cupful of grape juice, a tablespoonful of lemon juice, a pint of cream and sugar to taste makes a most delicious ice cream.

Nellie Maxwell

### Man's Debt to the Candle.

After the lamp came the candle, whose modest ray we are inclined to regard with a considerable amount of kindliness and esteem. But for the candle the dark ages of the world would have been dark in a still more literal sense than they already were, and to this humble servant civilized mankind was indebted for the very best illuminant it possessed, certainly until the latter end of the eighteenth century, and probably right up to the time of the invention of gas.

### Lotus-Flower Cigarettes.

In Siam the natives smoke cigarettes made of home-grown tobacco wrapped in dried banana leaves or in the petals of the royal lotus flower. In the latter form they are most delicious, according to Carl C. Hanson, United States consul at Bangkok.

### Play Billiards on a Glass Table.

In a billiard room in Paris is a table made of glass. It is much more difficult to make a shot on it than on the ordinary baize-covered table.

### The Shell Shortage.

A. J. Drexel, praising the English volunteer army, said in New York the other day:

"Oxford and Cambridge undergraduates fight side by side with coal miners. Peers' sons and millionaires' sons hobnob with plumbers and blacksmiths in the ranks.

"There are lots of 'nuts' (dudes) in the volunteer army—and the kaiser finds them pretty hard to crack, too—notwithstanding their lack of shells."

If a man is a coward he tries to make others believe he is cautious.

### The Imitative Hawk.

We do not suppose that the smug conceit of humanity was ever better illustrated than the other day when we were watching a hawk soar and our companion observed with surprise and approval that it flew just like an aeroplane of the very latest model. —Ohio State Journal.

Of 8,118 members of the British National Union Clerks 1,044 have joined the army.

A lucky man is always pointing with pride to his superior judgment.


## Save the Babies.

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.

Genuine Castoria always bears the signature of Chas. H. Fletcher


### Of Course.

"Suppose all the energy that is wasted in dancing were devoted to some useful purpose?"

"I never entertain a supposition like that."

"Why not?"

"Because experience and obsevation have taught me that the energy devoted to dancing is foot power and not brain power."


## ARE YOU DISFIGURED BY SKIN ERUPTION?

Pimples, rashes, ringworm, prickly-heat and, worst of all, that red itching, scaly torment, eczema, vanish when you use resinol ointment and resinol soap. There is no doubt about it. Even though your skin is so unsightly with eruption that you shun your friends and your friends shun you, resinol usually makes it clear and healthy, quickly, easily and at trifling cost. When you are sick of wasting time and money on tedious, expensive treatments, get resinol ointment and resinol soap from the nearest druggist and you will quickly see why physicians have prescribed them for twenty years for just such troubles as yours! Great for sunburn.—Adv.


### Military Training.

So far as this war shows, the most useful military training for schoolboys would be a couple of earnest hours spent daily in digging ditches. —Springfield Republican.


## Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.—Adv


Spectacles were invented in the thirteenth century.

### Swamped.

"I had the deuce of a time talking to Miss Gadders last evening."

"Thought you were a conversationalist."

"I couldn't get in a word."

### Women Food Experts.

Two women in the government service at Washington are food experts. One is a pomologist and another is a specialist in medicinal plants.

The General says:

We have built up the biggest Roofing and Building Paper mills in the World by selling materials that last—at reasonable prices.

Certain-teed Roofing

Our Certain-teed Roofing is giving excellent service on all classes of buildings all over the world in all kinds of climate. It is the roofing with a guarantee of 5, 10 and 15 years for 1, 2 or 3 ply respectively, and it is backed by the responsibility of our big mills. Try it once—you'll buy it again. For sale by dealers everywhere at reasonable prices.

General Roofing Manufacturing Co.

World's largest manufacturers of Roofing and Building Papers

New York City Chicago Philadelphia St. Louis Boston Cleveland Pittsburgh Detroit San Francisco Cincinnati Minneapolis Kansas City Seattle Atlanta Houston London Hamburg Sydney

KODAKS & SUPPLIES

We also do highest class of finishing. Prices and Catalogue upon request.

S. Galeski Optical Co., Richmond, Va.

We Want an Agent in every locality to sell our Liniment and Horse Remedies. Big offer. NOAH REMEDY CO., Richmond, Va.

Serve it—especially when you want everything nice

There are many varieties of coffee and just as many varieties of flavor. Very few people are able to tell these varieties apart merely from appearance.

There is a way, however, for you to be *sure* of the coffee you buy. Over a million other women get good coffee every time they make it, by using Arbuckles' Coffee.

With Arbuckles', you too can get the sparkling color and fine, full flavor that make *this* the coffee over a million women delight in serving, especially when they want everything particularly nice. Get a package of Arbuckles'—either whole bean or ground—and know why more of it is used than any other packaged coffee.

Make your coffee earn lovely gifts

Save the signature on every Arbuckle wrapper. Get beautiful, useful gifts—articles you have always wanted. Arbuckles' premiums are almost as famous as Arbuckles' Coffee. In one year we gave away over a million of one premium alone! Send for our big Premium Catalog showing 150 of our most popular premiums. Write today to Arbuckle Bros., 71-W4 Water St., N. Y.

This is the signature you save

Better than ever

You Know About

MOON SHINE CHEWING TOBACCO

"Sweeter than Chicken." Try the Smoke—Mellow as the Moonlight.

Made by BAILEY BROS., Inc., WINSTON-SALEM, N. C.