Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

Lots of Fun.

"Society in Plunkville is so hollow."

"Still, a lot of folks seem to enjoy themselves rattling around."

BILIOUS, HEADACHY, SICK 'CASCARETS'

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Not Indulging.

Youth—Love is intoxicating.

Old Bach—I'm on the water wagon. —Boston Evening Transcript.

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

There are times when the corkscrew is mightier than the typewriter.

NEW LIQUOR LAWS TO PREVENT SALES

LILES MEASURE PROVIDES CHAIN GANG SENTENCE—ACTS ARE EXPLAINED.

DISPATCHES FROM COLUMBIA

Doings and Happenings That Mark the Progress of South Carolina People, Gathered Around the State Capitol.

Columbia.

There art three principal anti-liquor bills passed by the 1916 legislature. One is known as the Liles bill and provides a chaingang sentence for the person convicted of selling liquors; this measure has been signed by the governor and is now in force; the second bill is Senator Carlisle's two-quarts-a-month bill, which has not been signed by Gov. Manning and will not become effective until 20 days after his signature. The third is the measure by Senators Carlisle and Johnstone for the purpose of validating the prohibition referendum election last September; this bill when signed will go into effect at once.

In line of the two quarts of spirituous liquors the consignee may purchanse 60 pints of beer, which contains not more than five per cent. of alcohol, in any one calendar month. "And it shall be unlawful to have such liquors and beverages except for one's own personal use or that of his immediate family, and then only at his usual place of residence," the bill provides. It is specifically provided that it shall be unlawful to store such liquors in any building in which is conducted a cafe, restaurant, club, social club or 'similar resort."

The common carriers through which the liquors are transported are required to keep a correct record of all consignees and file monthly a statement either with the judge of probate or the clerk of court; in Richland county this report is given to the clerk of court. Peace officers are given authority to examine the records in the office of the common carrier.

It is further provided that the possession by any one person of more than two quarts of liquors or the possession of any such liquors or beverages by any one person at any place other than his or her usual residence," or the signing of antoher's name as a consignee shall be prima facie evidence of violation of the law.

Any person, firm or corporation convicted of violating the two-quarts-a-month bill must suffer punishment for first offense of a fine of not less than $100 nor more than $500, or imprisonment for not less than 30 days nor more than six months; and for the second and every subsequent offense a fine of not less than $100 nor more than $5,000 and imprisonment for not less than six months nor more than two years. Sacramental wines are exempted.

Wholesale druggists are given the right to sell to retail druggists and hospitals and quantity of pure alcohol for medicinal purposes only, provided that a monthly statement of such sales are filed with the clerk of court. Before selling pure alcohol for medicinal purposes, a retail druggist must file a bond of $1,000 and fill only those prescriptions made by a regular practicing physician of the state. Such prescription must be filed either on the day of or the day after it is issued by a physician and may not be filled at drug store in which the physician is financially interested.

Manufacturers of ginger-ale in purchasing pure alcohol must first file a bond of $1,000; such a product may not contain more than one-tenth of one per cent. of alcohol.

The provision regarding the labeling of satchels containing liquor was stricken out in free conference, though the section passed through both houses.

Secretary Grants New Charters.

The secretary of state has issued a charter to the Dunvegan Mercantile company of Charleston with a capital of $5,000.

The R. F. Howle company of Darlington has been chartered with a capital of $20,000.

The secretary of state has issued a charter to the Murphy Hardware company of Lancester with a capital of $6,000.

The Buyck-Jackson company of Lone Star has been chartered with a capital of $10,000.

The secretary of state has issued a charter to the Carolina Veneer company of Columbia with a capital of $125,000.

Audubon Society Elects Officers.

The South Carolina Audubon society held its annual meeting recently. Frank Hampton was re-elected president, and Miss Belle Williams was re-elected secretary-treasurer. The annual report was read and accepted. A summary of the year's work shows that, in addition to the vast amount of office work accomplished, including thousands of letters written and received, two leaflets have been issued, 12 newspaper articles written, the exhibit shown 11 times, and 16 talks made, five were illustrated

Governor Signs McCormick Act.

Carrying the provision that the cat shall not go into effect until after a favorable decision by the supreme court in the appeal from the decision of the state board of canvassers, the act to establish McCormick county has been signed by Gov. Manning. It is further provided that the act shall not be construed as affecting any question before the supreme court.

McCormick county, as proposed, is situated along the banks of the Savannah river and was formed from parts of Greenwood, Abbeville and Edgefield counties. The county is attached to the Third congressional district, consisting of Abbeville, Greenwood, Anderson, Pickens and Oconee, and to the Eleventh judicial circuit, consisting of Saluda, Edgefield and Lexington.

The new county will be entitled to one representative and one senator. Abbeville county, which is now represented by three men in the lower house, will hereafter be represented by two, the other counties remain the same.

The act creates the following board of commissioners: J. E. Britt, T. J. Price, J. T. Fochee, J. B. Harmon, R. F. Morris, J. C. Kennedy, L. N. Chamberlain, Warren McDaniel and W. R. Parks. The preliminary requisites for the formation of the new county, the matter of government, etc., are placed in the hands of this body. If the pending suit is favorably decided by the supreme court there will be a special election April 11, 1916, when county officers will be elected until the results of the general election in November have been affirmed.

The governor is authorized to appoint a special commission of seven members, one each from Edgefield, Abbeville, Greenwood counties, two from McCormick county and two from other counties, who shall divide and apportion between the new county and the old counties the present lawful and bona fide indebtedness of the old counties.

The county will have seven townships.

Fails to Provide Funds for Repairs.

The ratified appropriation act of 1916 does not include the appropriation of $100,000 for repairs and improvements at the State Hospital for the Insane, according to the opinion of Thomas H. Peeples, attorney general, given to Carlton W. Sawyer, comptroller general, in response to the latter's letter of inquiry.

The doubt arising over the appropriation in this section has for its substantiation a decision of the supreme court in 1914, when it was held ;in substance that the recapitulation figures do not outweigh the section providing for the appropriation.

In the 1916 act a gross amount of $318,000 is directly appropriated for maintenance, salary of the superintendent and the regents; there is also in the section the privisions for the contingency fund of $50,000 "if it be found by the regents that it is necessary to expend for rebuilding a sum greater than the amount of $100,000 herein appropriated during the year 1916." On the other hand, the items in the recapitulation for the State Hospital for the Insane allows for $418,000 appropriation.

Puerifoy Gets Commission.

The secretary of state has issued a commission to James E. Puerifoy of Walterboro as judge of the Fourteenth judicial circuit. The oath of office was administered to Judge Peurifoy by D. E. Hydrick, associate justice of the supreme court.

New Enterprises Authorized.

The Geo. C. Frazier company of Florence has been commissioned with a capital of $3,000.

The Star Hosiery Mills of Spartanburg has been commissioned with a capital of $100,000.

The Mutual Mercantile company of Brookland has filed notice of an increase in capital from $5,000 to $10,000.

A commission has been issued to the People's Supply company of Greenville with a capital of $5,000.

The Gluck Realty company of Columbia has been commissioned with a capital of $500.

The Bankers' Investment corporation of Charleston has been commissioned with a capital of $560.

CLOSING NOTES.

As passed by both houses the McCullough child labor bill provides that no child under 14 years shall work in any mine, factory or textile establishment in South Carolina after January 1, 1917.

Gov. Manning singned the Liles bill providing for a chaingang sentence on paratively little opposition in either house.

By the many amendments attached to the bill validating the referendum election the law prohibits the sale and manufacture of liquors, but allows grape and berry wines to be nade and kept for personal use.

The Mutual Building and Loan association of Heath Springs has been commissioned with a capital of $25,000.

The Camden Coca-Cola company has been commissioned with a capital of $5,000.

The Massey-Hite Grocery company of Florence has been commissioned with a capital of $10,000.

The Marion Chero-Cola Bottling company has eben chartered with a capital of $12,000.

The People's bank of Bowman has been commissioned with a capital of $15,000.

INTERNATIONAL SUNDAY SCHOOL LESSON

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

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LESSON FOR MARCH 5

THE DEATH OF STEPHEN.

LESSON TEXT—Acts 7:1-8:3.

GOLDEN TEXT—Be thou faithful unto death and I will give thee the crown of life.—Rev. 2:10.

This lesson closely follows that of last Sunday. There are some battles of life that are not fought with fists or weapons. The boy who holds his temper is more manly than the one who goes into a fight simply to win. Paul tells us how and what to fight (Eph. 6:11, 12). We must show the scholars clearly the two great battles Stephen fought and the victory he won as described in today's lesson. The charges made against Stephen were made by "false witnesses." This does not mean men who invented false words, but men who took isolated statements, distorted them and by innuendo used them for their own ends. Stephen was charged with three things: (a) Blasphemy against God (6:11-13), (b) That he had said Jesus would return and destroy the temple (6:14), (c) That he claimed that Jesus would destroy or abrogate the law (6:14). This great passage of Scripture is so profound and so closely connected that we hesitate in trying to separate it into divisions or sections. We much prefer to note the logical argument and presentation Stephen the Spirit-anointed deacon made to the Sanhedrin.

I. Stephen's Defense. Stephen was a Grecianized Jew, whose name means "a crown." He answered the charges of these foreign accusers, made before the Sanhedrin, seriatim. His point of contact was to respectfully remind the council that he was an orthodox Jewish believer and worshiper (v. 2). He called the council "Men, brethren and fathers." They were common believers and all were standing before the God-appointed leaders of Israel. Stephen in his reply showed that he reverenced God and God's prophet Moses, thereby answering the first charge (v. 11), and while he reverenced the temple he showed that it was not essential to worship (7:47:49). This last was in answer to their second charge (6-14). In answer to their third charge Stephen then turned upon his enemies and by direct and indirect charges he convicted them of certain facts. Indirectly, by skillful repetition of Jewish history, and a review of the prophets, he discloses the vacillation and sinfulness of God's chosen people (23, 29). Directly he accuses these leaders of having been subservient to certain customs as being superior to the law they professed to obey. Stephen's accusers were, as we have seen, from without Jerusalem (6:9, 10), and his first battle was concerning the truth about Jesus. His second great battle, and one of his ultimate victory, was with these avowed enemies of Jesus (6:11-8:3).

II. Stephen's Death. The real contest of this occasion was Satan vs. the Holy Spirit. Stephen put to rout these men from the foreign synagogue, hence the Jewish authorities determined to take hold of the problem themselves and put a stop to this Christian teaching. Stephen's sudden application of the Scripture to his judges caused intense anger. He preached the word of God in the demonstration of the Holy Spirit, and such preaching always either produces conviction of sin, or else arouses anger at the preacher. These men could not deny the truth of his accusation; they therefore turned upon him in anger. Being "full of the Holy Spirit" is an abiding condition and inevitably involves a conflict with Satan. It led Stephen to look up and not about him, and in his hour of testing he saw a wonderful vision of heaven—"The glory of God and of Jesus standing." Let us accept the testimony of this dying man as a literal fact. This sight strengthened him for his suffering and for his witnessing. Death had no more terror for Stephen and he was faithful and steadfast to the end.

III. Stephen's Burial. These men overreached themselves, for persecution simply scattered those who gave the Christian testimony a wider and a more effective hearing (11:19-21). This force of circumstances thrust the early church forth from Jerusalem. Now, after a period of perhaps five or seven years, we see the beginning of the literal fulfillment of the Pentecostal program (Acts 1:8). During this storm of persecution the apostles remained at their posts in Jerusalem.

Saul's rage knew no bounds, and not content with disputations in the synagogues, he persecuted the church, sparing neither sex nor age (8:1-3).

Stephen's success was in his personal life and his unswerving testimony.

Stephen's victory has been a first fruit of the triumph of the church throughout its history. In heaven he wears the victor's crown among "the overcomers."

Over the grave of the two Wesleys, in Westminster Abbey, is a tablet bearing these words: "God buries his workers, but carries on the work."

INTERPOSED TO SAVE FOOL

Man's Presence of Mind Also Probably Prevented the Confiscation of the Porkers.

A good story of Belgian espionage is attributed to Brand Whitlock, the American minister to Belgium.

On all the street cars of Brussels, so the story runs, the Bruxellois are very careful to say nothing against their conquerors, for Brussels swarms with German spies, as the citizens know to their cost.

But one day in a street car a Bruxellois was imprudent. He nodded toward a wagonload of pigs that was driving past, and said to the car in general, with a laugh:

"It's queer they don't put the German uniform on those porkers."

The words were hardly out of his mouth when a hand was laid on his shoulder and a stern voice said:

"I arrest you. Conductor, stop the car!"

Captor and captive got off together. The spy hurried his charge up one street and down another, and halted finally before a large cafe.

"Fo that you are!" he hissed. "Imp ent fool that you are, do you want to be shot? There were three German spies to my certain knowledge on that car, and if I hadn't arrested you they would have done so. I'm not a spy myself. I did what I did in order to save your life. If you'll stand me a drink we'll call it square."—Washington Star.

WAS A REAL COMPLIMENT

Lawyer's Knowledge of Case Impressed Workman Who Was Capable of Appreciating It.

What John G. Johnson, Philadelphia lawyer, regards as the highest compliment ever paid to his legal skill was recounted at a lawyers' dinner in the Quaker city.

An engineering case in Pittsburgh, relative to certain defective boiler work, roused great interest among the local boilermakers, who crowded the court every day.

When Mr. Johnson, on the last day, was addressing the court for the plaintiffs, a foreman boilermaker came in and sat down beside the principal of the plaintiff firm, whom he knew well. After Mr. Johnson had dealt very acutely and exhaustively with abstruse technical details and with all manner of odd shop customs, the foreman turned to his neighbor and whispered:

"Who's that feller talkin' to the judge?"

"That's John G. Johnson, our counsel," was the reply.

"What?" roared the foreman. "Do you mean to tell me that feller's only a lawyer? Get out with you! He knows too much for that." Here his voice mounted so high that the judge heard him and looked up. "I tell ye that feller's a boilermaker!"

Emitions Shown by Color.

Certain colors correspond to various human emotions, and are known, therefore, as emotional colors. Blue represents spiritual emotions and signifies true religion in its lighter shades; yellow belongs to the feelings that go with the highest intellectual development, and a brilliant intellect has its color counterpart in a vivid golden hue; orange and brown are always associated with misery and greedy instincts.

Red is the color par excellence of passion; when deep or dull it is symbolical of sensuality and animal passions. Dark crimson represents hatred, and the higher forms of love glow with pure rose color.

Green indicates deceit, gray betokens gloom and black is the emotional color of revenge and malice.

No man can win success unless he is in love with his work.

EMPEROR KEPT THE PENCIL

Incident Shows That Even Men in Exalted Position Can at Times Be Absent-Minded.

It would appear from an incident reported from Vienna that an emperor is not to be trusted with a pencil. Some time ago, while holding court in the royal palace overlooking the Danube, Francis Joseph received a Hungarian blacksmith who desired to thank his majesty for the decoration conferred upon him in recognition of his having invented an agricultural machine.

During the audience the blacksmith drew from his pocket a photograph of the emperor and, handing it to his majesty, said:

"May I ask your majesty for your autograph?"

"I cannot give you my autograph at the present moment," said Francis Joseph, with a smile, "for I have neither pen nor pencil within reach."

"I have brought a pencil with me," said the smith, handing it to the emperor.

Francis Joseph thereupon attached his signature to the photograph and dismissed the smith with a smile and his customary inclination of the head. To the emperor's surprise, the smith did not retire.

"Is there anything else I can do for you?" asked Francis Joseph.

"Yes, your majesty, I am waiting for my pencil."

The emperor of Austria-Hungary had mechanically pocketed it, and he returned it with a hearty laugh.

Overtraining Children.

Josephine Dodge Daskam Bacon, a mother as well as a well-known writer, sounds an alarm that perhaps we are inclined to overdo child training in these strenuous times.

Not mincing her words, she declares that there is appearing a lot of "pathetic rot" with regard to child culture, and that the little people are being fussed with and fussed over entirely too much. She protests against the belief held by so many that a child's mind is an empty space to be filled, remarking that each child has its individuality, and a mind that is being filled in a perfectly natural way from birth. She inclines to the theory that children should not be hedged about by so many "do's" and "don'ts," and should be permitted to go somewhere and tell.

While there may be a grain of truth in what Mrs. Bacon says, for the natural tendencies of a child should not be altogether repressed for fear of checking initiative, nevertheless she will find it difficult to convince the public that the able men and women of wide experience engaged in broad-gauged child welfare work do not know what they are doing.

Comes in Handy.

One of the questions in the animal story contest upon which children were asked to write was: "Why does a cow need two stomachs?"

Sad experience evidently had much to do with the deductions of little Mary Schey of Fruitvale, for she replied:

"So when she has an ache in one of her stomachs she can use the other one."—Our Animals.

Got on His Nerves.

"I understand you have moved your office."

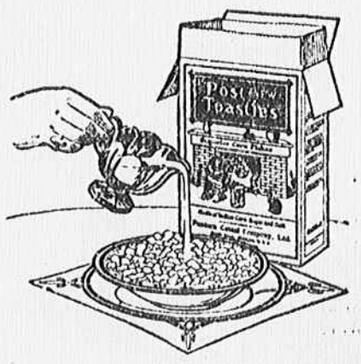
"Yes. I had to get away or suffer a nervous breakdown."

"What was the matter?"

"I was next door to a painless dentist and I couldn't stand the yells of his patients."

Our idea of a mean man is one who waits until Saturday night to have his hair amputated.

Most of the crazy people we know have managed to sidetrack the asylum so far.



They Stand Up—

Unlike common corn flakes, the **New Post Toasties** don't mush down when milk or cream is added.

And they have a charming new flavour—delicious, different, the true essence of the corn—not found in corn flakes heretofore.

The intense heat of the new process of manufacture raises tiny bubbles on each delicious brown flake and these little puffs are the identifying feature.

These new flakes are firmer, crisper, and don't crumble in the package—in comparison, ordinary corn flakes are as "chaff."

Your grocer can send you a package of

New Post Toasties