

Neglected Colds bring Pneumonia

CASCARA HILLS QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No gripes—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it 24 Tablets for 25c.

At Any Drug Store

DODD'S KIDNEY PILLS

Insist on the name with three D's and enjoy freedom from kidney ills. At all druggists.

Perhaps if your head were as clear as a whistle, it would not ache—

Try Kondon's for your headache

(at no cost to you)

50,000,000 have used this 29-year-old remedy. For chronic catarrh, sore nose, coughs, colds, sneezing, nose-bleed, etc. Write us for complete remedy card, or buy tube at druggist's. It will benefit you four times more than it costs, or we pay money back. For trial card, free write to KONDON MFG. CO., Minneapolis, Minn.

KONDON'S CATARRHAL JELLY

Mother Gray's Powders Benefit Many Children

Thousands of Mothers have found MOTHER GRAY'S SWEET POWDERS an excellent remedy for children complaining of Headaches, Colic, Constipation, Feverishness, Stomach Troubles and Bowel Irregularities from which children suffer at this season. These powders are easy and pleasant to take and excellent results are accomplished by their use. Used by Mothers for 27 years. Sold by Druggists everywhere, 25 cents. Trial package FREE. Address, THE MOTHER GRAY CO., Le Roy, N. Y.

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Your doctor will give you a sample for it. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N. Y.

Dr. J. D. KELLOGG'S ASTHMA REMEDY

American Dollar Flag

Our fast, rain proof Taffeta, 4 feet long, double-stitched sewed stripes; free delivery by parcel post, \$1.00 including postage and guaranteed color. \$1.50 and for free catalogue of flags and decorations. We make more and better flags than any other concern in the world. Free samples before the war.

AMERICAN FLAG MFG. CO., EASTON, PA.

Circumstantial Evidence.

Tommy was making a visit to his grandparents, who owned a large dairy. He had been forbidden to touch the tempting-looking pans of rich cream. One day his grandmother caught him coming up from the cellar with a very suspicious white rim over his upper lip.

"Tommy," she said, "I am afraid, from your looks, that you have been disturbing my pans of cream."

"Oh, no, I haven't," Tommy hastened to explain. "I just ran my tongue gently over the top."—Country Gentleman.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription aches—double strength—is guaranteed to remove these homely spots. Simply get an ounce of aches—double strength—from your druggist, and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is evident that more than one source is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength aches, as this is said under guarantee of money back if it fails to remove freckles—Adv.

These days it is not always necessary for a fellow to be an out-and-out German spy to deserve hanging.

New York's debt limit is reduced. \$2,114,325.

When Your Eyes Need Care Try Murine Eye Remedy

No Stinging—Just Eye Comfort. 16 cents a bottle. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

Considering Utility and Other Things

We may inaugurate our spring outfitting as we will—usually it begins with the purchase of a coat for general wear—but we cannot finish without acquiring this mainstay of the wardrobe. For three seasons cloths and colors have made the streets more cheerful; they have been beautiful enough to tempt extravagance. There has been a generous sprinkling of gay colors among the dark grays and blues and browns that seem to be so closely associated with the thought of utility clothes in the minds of most people.

The spring coats are privileged to use enough woolen stuffs to make them anywhere from 45 to 48 inches long, and comfortably full at the bottom, nevertheless the best models are those that follow the straight and narrow path of wool conservation. Collars are not as large as they were, although there are many models with convertible collars that may be worn close up about the throat. Over-

WHAT CAN WE DO?

The Red Cross, the American Fund for French Wounded, and other war relief societies are co-operating in France to care for the French and Belgian women who are now being driven back into their own countries after their deportation into Germany. It is reported that they are in rags and destitute, and the relief societies are doing all they can to fit them out with the bare necessities and decencies of life. The Chicago Tribune makes the following appeal:

"To give the required help the American Fund for French Wounded, 60 East Washington street, Chicago, has devised a Martha Washington kit. The kits are to be sent at once to France, and each refugee as she makes her weary way back to her beloved land is to be given one of them. The directions for these kits follow:

"The cost of these kits is to be kept within \$4. One yard of shirting will make the bag. The width of the goods makes the length of the bag. It is run up on the machine. The bag is French seamed with the last seam on the outside all the way around. Turn in the bag at the top two inches, with one inch heading—and an inch casing for the tape. There is a double drawstring of tape. When the bag is packed the free end is neatly doubled over and pinned down with two safety pins at the back, making it compact and safe for shipment.

"The kit contains the following articles, some of which may be made at home or purchased as the furnisher of the kit desires:

- "One cotton flannel nightgown.
- "One heavy chemise.
- "One pair of drawers.
- "One pair of black stockings and one pair of white.
- "One rough towel.
- "One washcloth.
- "One comb.
- "One cake of soap.

"A housewife, which contains one spoon of white, and one of black thread, black darning cotton, thimble, six safety pins, dozen assorted buttons, one and one-half yards of tape, five needles, hairpins, plain pins. And in the 'housewife' is a card stating that this is a Martha Washington kit sent in memory of Mrs. Washington, who was a friend of Lafayette.

"In each kit a stamped, addressed envelope is put so that the one who

receives the gift may acknowledge it to the sender. A personal word of cheer and hope and friendliness may be enclosed, too, if the sender wishes."

Julia Bottomley

Collarless and Buttonless.

An unusual blouse is made of pale blue handkerchief linen, with a good deal of inch-wide flannel insertion used for trimming, says Women's Work. The embroidery is placed upon the lace itself—the outline of the design being accentuated by a fine thread of blue matching the linen in color. This blouse is collarless and is a slip over of the sort that fastens over the shoulders. But instead of buttons, the wearer must lace herself into this blouse by means of narrow black velvet ribbons. The sleeves are cut upon a full bishop pattern, and the tight cuffs are laced at the outer edge by the same narrow black velvet.

Simple Blouses.

Among the newest assortment of blouses are some from Paris which indicate a marked preference for fine materials and simple lines.

There are models made of handkerchief linen whose only trimming is in hand fagoting; others are delicately trimmed with drawn work or have insets of real flannel lace.

The new high collar is featured, although in deference to the wishes of many American women Paris has sent blouses that have the familiar V neck with the sailor or round collar.

Gloves Have Strap Wrists.

A noticeable feature of the current demand is the tendency toward a larger use of strap wrist or Biarritz effects, says the Dry Goods Economist. This, no doubt, is due more or less to the practical nature of such styles, making them suitable for wear with the tailored effects in suits and dresses which are now the vogue. Moreover, the Biarritz idea, especially in soft gauntlet design, conforms readily to any expression of a military note.

Clothing made of pressed feathers is a substitute for wool has been invented by an Italian priest.

SUNDAY SCHOOL LESSON

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

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LESSON FOR MARCH 24

JESUS MINISTERING TO THE MULTITUDES.

LESSON TEXT—Mark 6:32-56. **GOLDEN TEXT**—The son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.—Matt. 9:9-13.

DEVOTIONAL READING—John 6:25-40. **ADDITIONAL MATERIAL FOR TEACHERS**—Exodus 16:14-18; Matt. 25:31-46; Luke 4:16-21; James 1:27; Rev. 17.

PRIMARY TOPIC—Jesus a helper at all times.

MEMORY VERSE—Be of good cheer: it is I, be not afraid.—Mark 6:29.

INTERMEDIATE TOPIC—Helping the needy.

SENIOR AND ADULT TOPIC—(7)

This parable marks the high level of the year of popularity in the life of our Lord. It is such an important miracle as to be the only one recorded by all four gospel writers. The returning disciples (v. 31) are urged by the Master to come with him into a desert place and rest and also that he might comfort their hearts over the death of John the Baptist. "They had no leisure," Jesus knew the need and also the proper use of leisure, but the multitude would not grant him this but flocked to his retreat in the desert. They followed that they might listen to his gracious words, or behold some new wonder, but Jesus also saw and ministered. (v. 24). Carlyle said he saw in England "forty million people mostly fools." Not so with Jesus; he saw and was moved, not with sarcasm, but with a compassion that took the form of teaching (v. 34). It is better to teach a man how to help himself than to help the man without the teaching. We also infer that the soul of a man is of more value than his body. It is not enough, however, to say "God bless you; be warmed and fed," when a man is hungry. Sympathy must issue in action.

A Great Task.

John tells us of the conversation with Phillip. Phillip lived in Bethsaida nearby, but to feed this multitude was too great a task, even with his knowledge and resources (John 6:5, 7). Yet we need not be surprised at Phillip's slowness of faith. Moses in a similar case was once nonplussed as to how to feed the thousands in the wilderness (see Numbers 11:21-33). The central fact concerns neither the need nor our poverty, but the absolute surrender of our all—however little—to God.

Another disciple, Andrew, who had brought his brother, Simon Peter, to the Savior, in his desperation found a boy whose mother had thoughtfully provided him with a lunch consisting of five barley biscuits and two small dried herrings (John 6:9). This is a great commentary on the tide of interest at this time—that even this hungry boy should have forgotten his lunch; the circumstances emphasized the helplessness of the disciples in order that Jesus might show his power. His command "Give ye them," (v. 37) teaches us that we are to give what we have, not to look to others, nor to our charity by proxy (Pro. 11:24, 25). Again the Savior asks his disciples to seek (v. 38) as though he would teach them the boundless resources of his kingdom. Give what you have and he will bless and increase it to meet the needs of the multitude. The secret of success points to the moment when he took the loaves and looking up (to God who also saw their needs), he blessed it.

Living Bread.

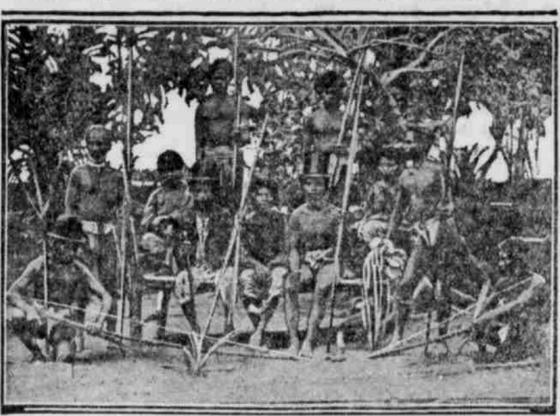
This conservation process was a stinging rebuke to the orientals, and is being emphasized in these days of food conservation in connection with war needs. Too long we have been prodigal of God's marvelous bounties. God gives us that we may use; and we lose it unless it is shared. Jesus, the living bread, (John 6:48) will satisfy hunger and give life. As bread generates in the human body heat, energy, vitality and power, so he will feed the hungry souls of men. We have at hand the Word. It is for lack of it that men die in the deepest and truest sense of that Word. The poverty and perplexity of the disciples in the presence of similar great need, is being repeated over and over again, and yet how faithless it is. We have not enough to feed the multitude. Our few leaves of comfort, amusement, counsel, etc., will not sustain them in the present world's crisis; but when we break unto them the living bread, it meets the deep hunger of the human heart; and they will have enough and to spare if they will only eat it. In these days when the emphasis is being laid on material bread for the sustenance of the nation, there is great danger lest we forget the necessity of breaking the living bread to the starving multitudes of the world. We must maintain the supremacy of the spiritual, or lack the dynamic to provide the material.

How true the words of the late Dr. Maltbie Davenport Babcock:

Back of the loaf is the snowy flour;
Back of the flour the mill;
And back of the mill is the wheat,
And the showers, and the sun,
And the Father's will.

The problem which the disciples could not meet, Jesus discerned and solved. As they co-operated with him and gave of that which he had first blessed, each had a basketful to take away and thus was well repaid for sharing with the multitude.

IGOROTS, WILD BUT LOYAL



Igorot Chiefs and Warriors.

THOSE wild men of the mountains of the island of Luzon, the hardy, brown-skinned Igorots, have gone to the caves and hiding places where they buried their treasure in the long ago before Dewey broke the shackles of Spanish rule and have unsharred sacks of Spanish and Mexican coins and carried them over mountain trails to Gov. Hilario Logan as their Liberty loan contribution.

"Please send this offering for the use of the Great Apo across the sea," was their simple request. It amounts to about \$8,891.

As an example of how this primitive people answered the call of the Great Apo for help when the last Liberty loan drive was made by Governor Logan, it is told that three Benguet Igorots came in from an out-of-the-way corner of the mountains one day, carrying sacks of old Spanish treasure, amounting to more than \$1,447.50. Commenting on this humble offering, the Manila Bulletin says:

"The 1,500 pesos, while not in themselves a great amount when the Philippine total subscriptions of over \$6,500,000 is taken into consideration, are regarded by the authorities of the mountain province as the most significant contribution to the entire Liberty loan campaign in the islands, coming as they do from an aboriginal people who never before trusted any savings bank but mother earth, but have been led in 18 years to confide in the integrity of the 'Great Apo across the seas' to such an extent that they unearthen their treasure and lug it over the mountains that it may be sent to him to aid in prosecuting the war against Germany.

"This was not all of the Igorot subscription by any means, according to the reports which have just reached this city from the mountain capital, these stating that the 4,900 pesos subscribed by the Igorots of Benguet province formed a part of the 44,000 pesos (\$42,640) subscription given by the civilian residents of Baguio and the immediate vicinity. The greatest surprise of all was the eagerness of the Igorots throughout the subprovince and Governor Logan may well be proud of his work. In the few days he had at his disposal he reached even the most distant towns in the mountains and aroused the Igorots to their great demonstration of patriotism."

Want to Go to the Front.

Not only did the Igorots give their treasure, but they offered their services to Governor General Harrison, and are anxious to go to France to help the Great Apo to win the war for freedom. Judge James Ross of the colonial administration, who recently made an extended tour of Luzon, said that every mountain station where he stopped was filled with natives who asked for a chance to enlist. Each native came in with his discharge papers, showing the length and quality of service he had rendered to the government of the Philippines. Then, saying that he had heard the United States was at war with Germany, he would urge his claim to bear arms under the American flag. Judge Ross would advise the sturdy volunteer to rejoin the constabulary, in which many vacancies exist, but this would not satisfy the Igorot. One and all wanted to fight.

When one stops to consider the barbaric life that the Igorot still lives, this offer of treasure and service to Uncle Sam is all the more remarkable. For the Igorot is still very much himself and is totally different from all his other Philippine brothers. Americans are establishing schools, and education is making some progress. But the Igorots have no laws, and each community is ruled by a council of old men. They live in the northwestern section of the island of Luzon, and number about 185,000. There is a mountainous country, six days' march inland from the nearest civilized town. They are a mixture of savage, barbarian and civilized people.

Worship One God.

They have one god, Lumawig, and their religious system is a sort of worship of the spirits of the departed, whom they believe to inhabit the earth just as before they died, except that they are invisible to mortal eyes. The Igorots are moral and upright, from their standpoint, and their code of

conduct, although simple, is strict. They worship in their homes, and in the fields, but have no priests.

They have no written language and no literature of any sort. But they have a number of curious folk tales. One is somewhat akin to the Adam and Eve story. Lumawig, out of love for his people, sent an old couple to earth with a new food for the Igorot tribes. The old couple on a certain day were to explain its use to the mortals, but the latter became curious and could not wait until the appointed time. Two of the Igorots stole the bag in which the new food was hidden. This so angered Lumawig that he said the Igorots thereafter would have to till the ground and gain their food by the sweat of their brows. The new food was rice. It today is the great staple of the people. Rice and sweet potatoes are the only things they raise.

Another legend tells of the origin of head hunting. In warfare the Igorot always brings home the heads of his victims. One day the Moon, which is a woman, was beating out brass. The young child of the Sun stood near by, watching. His scrutiny angered the Moon, and she threw a stick at him, causing deception. The Sun then appeared and put his child's head back on his trunk, declaring that because of the Moon's wanton act mortals would henceforth cut off each other's heads when in wrath.

Know How to Irrigate.

Although primitive in their planting and harvesting the Igorots mastered all the details of irrigation. This is the source of their prosperity. They have terraced all the mountainsides and raise two crops of rice a year.

While the Igorots as a race are small, they are exceptionally well developed. They are great mountain climbers. Dress reform does not bother them. A thin breechcloth and a happy smile make up their costume, which they wear the year round. They are much like the aboriginal Indian of America in many customs, one in particular being that the women do all the work, while the men sit around in indolent ease, smoking green tobacco in ill-smelling pipes. The women and children smoke, too.

Superstition enters into their cure for sickness. When a part of the body is injured they tattoo little stars all over the spot, believing that by this means they will drive out the little devils that have taken up their abode there. Being exposed to the sun and weather at all times they are constantly shedding their skin. When death occurs in a family the natives take chicken meat and other foods and a great feast is held, followed by a wild dance similar to the dances of the American Indians. The body is then buried, and the personal belongings of the dead person are handed among the relatives and the visitors depart. For ornamentation the women gather little berries, which they string and which are then plaited in the strands of their black hair.

They relish dog meat, and after they have fattened a dog on rice they have a barbecue and a wild dance, beating doleful music from the copper and brass and wooden tom-toms.

But with all their quaint and savage customs the Igorots are patriotic to the American flag now, and want to go to the trenches for the Great Apo.

As a Man is Judged.

Remember, it is not the kind of work you are going to do, but the kind of work you now turn out that counts. Your future is a guess forecasted only by the present. Exceptional unexpected fitness seldom appears. It never happens. It is a matter of growth if it comes at all. Latent ability may lie dormant until challenged by some great task, but it will be a mental competence physically handicapped if it hasn't been working up to its job. With the right intelligence and will power there is no reason why you can't work up. You have the same chance that has made others great. If your mentality and skill are equal to theirs, why can't you do what they have done. If they are not you have no reason to complain. When you make your life count, obstacles and problems will become pleasures. Men of metal rejoice in the chance to prove themselves.

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Does Your Back Ache?

DO YOU find it difficult to hold up your head and do your work? Distressing symptoms caused by unhealthy conditions. Generally no medicine is required, merely local application of PISO's Tablets, a valuable healing remedy with antiseptic, astringent and tonic effects—simple in action and application, soothing and refreshing. The fame in the name. PISO guarantees satisfaction.

PISO'S TABLETS Sold Everywhere 50 Cents

Sample Mailed Free—address postcard

THE PISO COMPANY 400 Piso Bldg. Warren, Pa.

SUDDENLY REVISED HIS CODE

Exponent of Masculine Street-Car Courtesy Felt Himself Justified Making Exception.

The stout man on the Wade Park car turned to his companion. "I've formulated a new code of masculine courtesy," he said, "and pledged myself to observe it. When I am fortunate enough to get a seat in a car I hang onto it—with three exceptions. I'll give it up to an elderly woman, to a woman carrying a child and to a sick person. I draw the line at these exceptions. It's my street car courtesy code, revised to date and in line with prevailing conditions."

He stopped suddenly and stared at a plainly dressed woman who stood close by. Then he quickly arose and gave her his seat.

When the two men left the car the other man said to his friend, "How did you happen to give your seat to that woman?"

"I've enlarged my code."

"Your inflexible code. Yes, but why?"

"That woman has a husband, a son, or brother in the army. But probably you didn't notice it?"

"Noticing what?"

"Her service badge."—Cleveland Plain Dealer.

England now has more than 4,776,000 women wage earners.

Grape-Nuts

A Complete Food of Wheat, Barley, and Oats.

Perfect, Careful, Healthy.

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as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save.

"There's a Reason"