

A NATURAL CONSEQUENCE

If you are in good health, and no ailment troubles your days and nights, then you are in a good temper, full of energy, and everything turns out right. That is a natural consequence. Therefore there is an imperative necessity to make every ailment as short as possible and to choose the right remedy without delay. Triner's remedies are those you need. Mr. Peter Schwartz from Westchester, N. Y., wrote us two weeks ago: "I have used some of Triner's remedies and find them great." Take Triner's American Elixir of Bitter wine for stomach troubles, constipation, indigestion, headaches and nervousness; take Triner's Angelica Bitter Tonic to restore your vitality; take Triner's Cough Sedative in case of colds, relieve your rheumatic and neuralgic pains by Triner's Liniment, and you will find all these remedies great like Mr. Schwartz. Your druggist or dealer in medicine keeps them all in stock—Joseph Triner Company, 1333-43 S. Ashland Ave., Chicago, Ill.—Adv.

No Scarcity.
"All the world's a stage."
"Yep, and there's no scarcity of monologue artists."

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 Othine double strength is guaranteed to remove these blemishes.
Simply get an ounce of Othine—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. The lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.
Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

Cheerfulness is an excellent wearing quality. It has been called the bright weather of the heart—Samuel Smiles.

Stop the Pain.
The hurt of a burn or a cut stops when Cole's Carbolic Acid is applied. It heals quickly without scars. 25c and 50c by all druggists. For free sample write The J. W. Cole Co., Rockford, Ill.—Adv.

Youth doesn't value its youth, and even a million in later years has its disappointment.

AFTER 6 YEARS—STILL WELL

Now Strong and Hearty Though Case Looked Hopeless

"Six years ago I was in awful condition," says E. K. Chase, 36 E. Cross St., Ypsilanti, Mich. "My family was told I couldn't live more than two months. I was in constant pain from rheumatism. My legs seemed all drawn up. My back never stopped hurting. The kidney secretions were held back until only a few drops came, and I bloated until I thought my skin would burst. My legs were twice their normal size. The water seemed to fill my chest and press against the heart. For three months I never moved out of the chair and I choked and gasped for breath like a dying man. All the doctoring failed, and my weight went from 185 to 125 pounds. 'Doan's Kidney Pills' saved my life. Eleven boxes cured me of every complaint. I have been well six years and able to work as hard as any man."

Sworn to before me.
FLOYD E. DAGGETT, Notary Public.
Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.



Vaseline Carbollated

Reg. U. S. Pat. Off.
PETROLEUM JELLY
A convenient, safe antiseptic for home use. Invaluable for dressing cuts and sores. A time-tried remedy.
REFUSE SUBSTITUTES
CHESEBROUGH MFG. CO.
State Street New York

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HARLEM OIL

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation

Clear Baby's Skin With Cuticura Soap and Talcum
Soap 25c, Ointment 25c and 50c, Talcum 25c.

STOMACH TORTURE GONE FIRST SLEEP IN THREE MONTHS

Mr. Heinrichs Was Ready to Give Up. Then He Found How to Regain Health.

"My first sleep in 3 months was on the second night after I began using Milks Emulsion. I had had a bad case of stomach trouble and constipation for years and was ready to give up. I was troubled with gas, dizziness, bloating, eating, gnawing sensation and cramps in the stomach. Milks Emulsion was a Godsend to me, and I want everyone to know about a medicine that will cure cases like mine."—C. E. Heinrichs, 702 S. Alabama St., Indianapolis, Ind.

Thousands of sufferers from catarrh of the stomach, indigestion and bowel troubles have found that Milks Emulsion gives prompt relief and real lasting benefit. Milks Emulsion is a pleasant, nutritive food and a corrective medicine. It restores healthy, natural bowel action, doing away with all need of pills and physios. It promotes appetite and quickly puts the digestive organs in shape to assimilate food. As a builder of flesh and strength Milks Emulsion is strongly recommended to those whose sickness has weakened, and is a powerful aid in restoring and repairing the effects of wasting diseases. Chronic stomach trouble and constipation are promptly relieved—usually in one day.

This is the only solid emulsion made, and so palatable that it is eaten with a spoon like ice cream. No matter how severe your case, you are urged to try Milks Emulsion under this guarantee—Take six bottles home with you, and according to directions, and if not satisfied with the results your money will be promptly refunded. Price 60c and \$1.20 per bottle. The Milks Emulsion Co., Terre Haute, Ind. Sold by druggists everywhere.—Adv.

The Retort Courteous.
He—"Don't you try to make a fool of me."
She—"Not after your boasts of being a self-made man and doing the job much better than I could."

TAKE ASPIRIN RIGHT

Bayer Company, who introduced Aspirin in 1900, give proper directions.

To get quick relief follow carefully the safe and proper directions in each unbroken package of "Bayer Tablets of Aspirin." This package is plainly stamped with the safety "Bayer Cross."

The "Bayer Cross" means the genuine, world-famous Aspirin, prescribed by physicians for over eighteen years. "Bayer Tablets of Aspirin" can be taken safely for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Joint Pains, Neuritis, and Pain generally.

Handy tin boxes of 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic acid.—Adv.

Swabbing Yarns!
Slob—You have to keep things neat on shipboard?
Gob—Betcha! Scrubulously clean. —Cartoons Magazine.

"CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."—Adv.

Dire Consequences.
She—"You liked my cooking well enough just after we were married."
He—"I didn't have dyspepsia then."

\$100 Reward, \$100
Catarrh is a local ailment greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100.00 for any case of CATARRH that HALL'S CATARRH MEDICINE fails to cure. Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Says an amateur poultry fancier: "The only money in chickens is what they swallow."

100% PEP!
If Constipated, Bilious or Headachy, take "Cascarets."

Feel bulky! Be efficient! Don't stay sick, bilious, headache, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and stomach sour. Why not spend a few cents for a box of Cascarets and enjoy the nicest, gentlest laxative—no heartache you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh Pills. They work while you sleep.—Adv.

On the street cars, the fat men always seem to get the inside seats.

LESS MEAT IF BACK AND KIDNEYS HURT

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

RUB RHEUMATISM OR SORE, ACHING JOINTS

Rub Pain Right Out With Small Trial Bottle of Old "St. Jacobs Oil."

Rheumatism is "pain" only. Not one case in fifty requires internal treatment. Stop rubbing. Rub soothing, penetrating "St. Jacobs Oil" right into your sore, stiff, aching joints and muscles, and relief comes instantly. "St. Jacobs Oil" is a harmless rheumatism cure which never disappoints and cannot burn the skin.

Limber up! Quit complaining! Get a small trial bottle of old, honest "St. Jacobs Oil" at any drug store, and in just a moment you'll be free from rheumatic pain, soreness, stiffness and swelling. Don't suffer! Relief awaits you. "St. Jacobs Oil" has cured millions of rheumatism sufferers in the last half century, and is just as good for sciatica, neuralgia, lumbago, backache, sprains.—Adv.

The Only Kind That Does.
"Pop, what is a deponent?"
"A deponent is a man who works around depots. Any fool knows that."

Constipation, indigestion, sick-headache and bilious conditions are overcome by a course of Garfield Tea. Drink before retiring.—Adv.

Some men enjoy chronic laziness as much as others enjoy a well earned rest.

AT WAR WITH YOURSELF Help Nature to Defeat the Disease in Your Body

Keep up the fight; do not give up. Nature is trying to serve you in conquering the wrongs that may exist.

Red blood, vim, courage, vitality, all seem lacking. No wonder you are nervous and discouraged. Why not call to your aid a strong, dependable ally? Dr. Pierce's Golden Medical Discovery has for nearly fifty years proven its merits as a most powerful tonic and blood builder to the many thousands who have been returned to good health by its use.

Savanna, Ill.—"I was suffering with liver complaint and my blood was impoverished. I had a backache and it was miserable all over. For my ailments I took Dr. Pierce's Golden Medical Discovery, and it was very beneficial in every way. I am now free of my ailments and my health was much improved after its use."—Ira Clark, 1235 N. Main St.

Juliet, Ill.—"I have taken Dr. Pierce's Golden Medical Discovery as a tonic and blood purifier and found it very beneficial, and I always keep the 'Pleasant Pellets' on hand to take as a regulator. I find that they keep me in a healthier condition than any medicine I have ever taken. They are fine for constipation and an excellent regulator of stomach, liver and bowels."

"I think so well of these medicines of Dr. Pierce's that I am always recommending them to my friends and have never known of one instance where they have not given quick satisfaction."—C. W. Johnson, 610 Second Ave.

Bronchitis Chest Colds

When that tightness appears in your chest and the sharp pains signify inflammation and congestion you need a hot application right away.

Heat eases pain, and when you use Begy's Mustarine you get just the right kind of heat—penetrating heat—that quickly reduces all soreness and congestion. Apply it to-night and cover with a cloth. You'll feel lots better in the morning. It's a grand, sensible remedy that all who use it praise. 30 cents. S. C. Wells & Co., LeRoy, N. Y.

BEGY'S MUSTARINE

ITCH!

Money back without question if HUNT'S SALVE fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 25c at druggists, or direct from H. A. Richards Medicine Co., Sharon, Pa.

48,000
Drug Stores Sell It.
Five million people use it to KILL COLDS
HILL'S CASCARA QUININE BROMIDE
Standard cold remedy for 29 years in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red picture of Mr. Hill's picture.
At All Drug Stores

"Can't Cut Off My Leg" Says Railroad Engineer

"I am a railroad engineer; about 20 years ago my leg was seriously injured in an accident out West. Upon my refusing to allow the doctor to amputate it, I was told it would be impossible to heal the wound. I have tried all kinds of salves and had many doctors in the past 20 years, but to no avail. Finally I resolved to use PETERSON'S OINTMENT on my leg. You cannot imagine my astonishment when I found it was doing what over 100 things had failed to do. My leg is now completely cured."—Gus Haurt, 729 Myrtle avenue, Brooklyn, N. Y. Great for piles, eczema, old sores and all skin diseases. 35 cents. Mail orders filled. Peterson Ointment Co., Inc., Buffalo, N. Y.

The Contrary Sex.
"How would you answer the objection to equal suffrage that every woman would think, and vote just as her husband does?"
"That the user of that argument was not a married man."

YOU'LL SOON LOOK OLD FROM HERE UP

Let "Danderine" check that nasty dandruff and stop hair falling.



Get a small bottle of "Danderine" at any drug store for a few cents, pour a little into your hand and rub well into the scalp with the finger tips. By morning most, if not all, of this awful scurf will have disappeared. Two or three applications often remove every bit of dandruff and stop falling hair. Every hair on scalp shortly shows more life, vigor, brightness, thickness and color.—Adv.

Depends.
"Are you going to have any outings this summer?"
"Yes, if I have any innings this spring."

If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised and sold at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it. A prominent druggist says: "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments; corrects urinary troubles and restores the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by parcels post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose 10c. Also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Crusty Comment.
"We all think the baby has got its mother's nose."

"I'm glad to hear it. Then she can't go around any more poking it into other people's business."

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old and reliable remedy for infants and children, and see that it bears the Signature of **Dr. J. C. Fitch** In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Danger All Around.
"Here is a run go!"
"For heaven's sake, don't let the prohibitionists find you in such a predicament."

Cuticura for Pimples Faces.
To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum.—Adv.

California's Fruit Crops.
In the year ending August 31, 1919, California fruit growers marketed 10,904,832 boxes of oranges, 3,708,667 boxes of lemons and 203,188 boxes of grapefruit.

Virtue is almost anti-everything. Most of the commandments are "don't."

MURINE Night and Morning. Have Strong, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

SUNDAY SCHOOL LESSON

LESSON FOR APRIL 4
EASTER LESSON.

LESSON TEXT—Luke 24:13-35. GOLDEN TEXT—Ought not Christ to have suffered these things, and to enter into his glory?—Luke 24:26. PRIMARY TOPIC—The Story of a Wonderful Walk. JUNIOR TOPIC—The Walk to Emmaus. INTERMEDIATE AND SENIOR TOPIC—The Proofs That Jesus Rose From the Dead. YOUNG PEOPLE AND ADULT TOPIC—The Fact and the Meaning of the Resurrection.

1. Two Disciples Journeying to Emmaus (vv. 13-19).
1. Who they were. One was Cleopas (see v. 18); some think the other was Luke, whose modesty forbade him to give his name; but it is not definitely known. Why they were going we can only conjecture; perhaps they were only walking away from Jerusalem to relieve their anxiety and drown their sorrow. The ordeal through which they had passed left them somewhat stunned; they needed the physical exertion and quiet of the country to calm their nerves. They were sad (see v. 17).

2. What they talked about (vv. 14). "All the things which had happened." Strange and wonderful things had taken place and they could not but commune together concerning them.
3. Jesus joins them (vv. 15, 16). It was while they communed together and reasoned about Jesus that he appeared to them. He never leaves those in doubt who sincerely seek the light; he promises to meet even with two or three who gather in his name (Matt. 18:20). Those gathered in his name have their hearts toward him in love, and their talk is concerning him. If we would have Jesus draw near to us more frequently then let us more frequently commune together concerning him.

II. The Conversation on the Way. (vv. 17-27).
1. Jesus' question (v. 17). Though he was a stranger to them his question did not provoke resentment; there must have been something in his manner and tone which unlocked their hearts.

2. The disciples' answer (vv. 18-24). Though surprised that there should be a single man in the confines of Jerusalem unacquainted with the things which had recently come to pass, they spoke fully and freely of what they had communed about.

(1) It was concerning Jesus of Nazareth (v. 19). This Jesus was mighty in word and deed before God and the people. (2) Delivered, condemned and crucified by the chief priests (v. 20). (3) Shattered hopes of the disciples (v. 21). They had reposed their hope in him as the Redeemer of Israel. (4) Their bewilderment (vv. 22-24). The story of the women concerning the empty sepulchre reminded them of Christ's words that he would arise on the third day. A new hope seemed to be arising in their hearts, yet they were too timid to take their stand upon it. (5) Jesus expounding the Scriptures to them (vv. 25-27). He chides them for their unbelief of the prophetic Scriptures (v. 25). What sorrow and perplexity they would have escaped had they believed what God had recorded! Jesus showed them that what had happened was exactly what the Scriptures had foretold concerning the Messiah, and that it behooved Christ thus to suffer and to enter into his glory. They would have been glad for the way things had turned out if they had believed what God had revealed. He brought the disciples to the written Word to prove his resurrection. To the Word and to the testimony should be our way always; such practice saves from fanaticism and from imposition of false teachers. Christ will be the Interpreter of the Scriptures to all who will hear him.

III. The Lord Reveals Himself (vv. 28-35).
1. Nearing the end of the journey (vv. 28, 29). He made as though he would go farther, but they constrained him to abide with them. It would have been a great loss to them if he had not been "constrained."

2. Sitting together at the table (vv. 30, 31). His blessing of the bread and breaking it were so familiar that they knew him. Then, too, they may have seen the nailprints in his hands while he broke the bread. They now knew for a certainty that the Lord whom they had mourned as dead was alive and in their very presence. If we had eyes to perceive we could see Jesus daily walking and talking with us. What a different life would be ours if we would but see him!

3. The disciples convinced (vv. 32-35). They at once returned to Jerusalem and reported to the eleven what things were done and how the Lord had revealed himself to them in the breaking of the bread. They exclaimed, "The Lord is risen indeed!" May Christ come to every believer on this Easter occasion in such a way that we may know beyond the peradventure of a doubt that he is really alive!

Glory of the Father's House.
It were effort vain as heartless to minimize the grief of the many who mourn. But with how much of comfort can they look from their desolate homes, if they can think of those for whom they grieve, not as dead, but as gone on a journey to the eternal sunshine and the light of this world's sin and shame. In the glory of the Father's house they await our coming. A little longer we tarry here, until the sun of life's little day shall sink to its setting. A little longer, until the morning breaks, and the shadows flee away. Then, in the home-land we shall see those whom we have loved and lost awhile, and him who is the Resurrection and the Life.—Western Christian Advocate.

Lift Off Corns!
Doesn't hurt! Lift touchy corns and calluses right off with fingers
Apply a few drops of "Freezone" upon that old, bothersome corn. Instantly that corn stops hurting. Then shortly you lift it right off, root and all, without pain or soreness.
Hard corns, soft corns, corns between the toes, and the hard skin calluses on bottom of feet lift right off—no humbug!
Tiny bottles of "Freezone" cost but a few cents at drug stores

Spohn's Distemper Compound
to break it up and get them back in condition. Twenty-six years' use has made "Spohn's" indispensable in treating Coughs and Colds, Influenza and Distemper, with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive, acts equally well as a cure. 60 cents and \$1.15 per bottle at drug stores.
SPOHN MEDICAL COMPANY. Goshen, Ind.

This is of Interest to Mothers

You doubtless have read many, many times about **MOTHER GRAY'S SWEET POWDERS FOR CHILDREN,** and resolved that you would purchase a package the next time you were at your Druggists. But you perhaps have forgotten or neglected to do so, and as a result have never tried this most superior preparation, which for over thirty years has given entire satisfaction to Mothers in correcting the little ills to which children are subject. We are confident that a trial in your family will convince you that these Powders are deserving of the highest praise, and we now offer you the opportunity of having a regular 30c. box delivered to your door absolutely FREE.

Simply cut from this paper the above Trade-mark Head and mail to us together with name and address of five or more of your friends who have children, and by return mail you will receive a full-sized package of **MOTHER GRAY'S SWEET POWDERS.** Address, Mother Gray Co., LeRoy, N.Y.

FREE MAP

Texas-Louisiana Oil Fields, also weekly Market Letter covering general conditions and current news. Yours for asking. Day Securities Co., Dallas, Texas.

W. N. U., CHICAGO, NO. 13-1920.
The man who is unable to find his dark.

ANY WOMAN CAN DYE AND KEEP IN STYLE

"Diamond Dyes" Turn Faded, Shabby Apparel into New.
Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers—everything! Direction Book in package tells how to diamond dye over any color. To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Some men are born kickers and some fall victims of dyspepsia.

A pawnbroker who is always advancing is naturally progressive.

Garfield Tea, by purifying the blood, eradicates rheumatism, dyspepsia and many chronic ailments.—Adv.

KING HAD SOME IMAGINATION

Wonderful Story of "Waterless Sea" Would Have Done Credit to Baron Munchausen.

Prester John as a title was like the Egyptian Pharaoh and belonged to whole lines of king who reigned in the East and in Ethiopia in particular. One writer of long ago sets Abyssinia as the kingdom of Prester John. Abyssinia used to be called "Middle India." It is related that before the year 1241 a letter was addressed by Prester John to Manuel Comnenus, emperor of Constantinople, saying that in Prester John's country there is a "waterless sea," which none have ever crossed. It consists of tumbling billows of sand, never at rest, and contains fish of most excellent flavor. Three days' journey from the coast of the sand sea is a mountain whence rolls down a "waterless river," consisting of small stones, which crumble into sand when they reach the sea. Whoever Prester John may have been, if he invented that story, he certainly possessed a vivid imagination and considerable originality.

A Dusty Worm.
"Why don't you marry him?"
"He has such freakish ideas. Says he's a worm of the dust."
"But as long as he is a worm with the dust, what do you care?"—Boston Transcript.

The Satisfying Sweetness of the wheat and barley food
Grape-Nuts
is a matter of economy as well as delight these days. Grape-Nuts pleases without the addition of sugar, as is not the case with most cereals
Grape-Nuts is economical