

Many School Children are Sickly

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Used by Mothers for over 30 years

Are pleasant to take and a certain relief. They tend to break up a cold in 24 hours, act on the Stomach, Liver and Bowels and tend to correct intestinal disorders and destroy worms. 10,000 testimonials like the following from mothers and friends of children telling of relief. Originals are on file in our offices:

"I think MOTHER GRAY'S SWEET POWDERS FOR CHILDREN are grand. They were recommended to my sister by a doctor. I am giving them to my little three year old girl who was very puny, and she is picking up wonderfully."

Get a package from your druggist for use when needed. Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

The Right Way

In all cases of
**DISTEMPER, PINKEYE
INFLUENZA, COLDS, ETC.**
of all horses, brood mares, colts
and stallions is to

"SPOHN THEM"
on the tongue or in the feed with

SPOHN'S DISTEMPER COMPOUND

Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness dealers or by the manufacturers. 60 cents and \$1.15 per bottle. AGENTS WANTED.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

But One Way Is Better.
A bluff, hearty old bachelor friend of the family, trying to get on terms with the son of the family, asked him: "Have you practiced any fancy methods of skating, sonny?" "No," said sonny; "I can skate only two ways as yet." "Ah, and which are they?" "Standing up and sitting down," said sonny.

HAD TERRIBLE COUGH AND NIGHT SWEATS

Cough about gone, eats and sleeps well, and gained 12 pounds.

"In December, 1913, I had a fearful cough, and my physician ordered me to change climate immediately. I went to San Antonio, Texas, and entered a sanatorium. Left there and came to Oklahoma City in October, 1915. Had no appetite, could not sleep, had night sweats and was losing from one to three pounds a week. I also had catarrh of the bowels, which the doctors had been unable to relieve."

"Relatives urged me to try Milks Emulsion. I did so and began to improve, slowly at first, but steadily. My weight has increased 12 pounds. I have no temperature, and my cough is about gone. I can eat heartily, sleep well, and am working as my trade again."—W. W. Neff, 610 No. Dewey St., Oklahoma City, Okla.

Nature does wonders in fighting off disease, if given the chance. Milks Emulsion is a powerful help in providing strength and flesh. It costs nothing to try.

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 physics. It promotes appetite and quickly puts the digestive system in shape to assimilate food. 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, use it 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.

Tough on the Patient.
Nurse—Oh, doctor, what shall I do? Your patient followed your directions perfectly.

Doctor—Well, there's nothing to worry over.

Nurse—Yes, there is; the directions blew out the window and he jumped out to follow them.

Insinuating.
"This ain't the draft; it's the census."

"How's that, boss?"

"You needn't dodge."

Thousands of Happy Housewives in WESTERN CANADA

are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—save paying rent and reduce cost of living where they could reach prosperity and independence by buying on easy terms.

Fertile Land at \$15 to \$30 an Acre
—Land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

Farm Gardens—Poultry—Dairying
are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, map, description of farm opportunities in Manitoba, Saskatchewan, Alberta, and the Northwest, write to the Department of Immigration, Ottawa, Can., or C. J. BRIGHTON, Room 412, 112 W. Adams St., Chicago, Ill., M. V. McGINNIS, 115 Jefferson Avenue, Detroit, Michigan.

Canadian Government Agents.

MARTIN MARTIN
ESTAB.
1882
CHICAGO

STOVE POLISH
Save time and hard work by using E-Z Stove Polish; absolutely dustless, smokeless, odorless; gives a durable—ebony-black shine.

Try a 10c box of E-Z Oil Shoe Polish. All colors and white. It saves the leather and prevents cracking. Don't risk cheap polish.

To open box just lift the latch.

SHOE POLISH

SICK WOMEN HEAR ME

You Can Be Free from Pain as I Am, if You Do as I Did.

Harrington, Me.—"I suffered with backache, pains through my hips and such a bearing down feeling that I could not stand on my feet."

I also had other distressing symptoms. At times I had to give up work. I tried a number of remedies but Lydia E. Pinkham's Vegetable Compound did more good than anything else. I am regular, do not suffer the pains I used to, keep house and do all my work. I recommend your medicine to all who suffer as I did and you may use my letter as you like."—Mrs. MINNIE MITCHELL, Harrington, Me.

There are many women who suffer as Mrs. Mitchell did and who are being benefited by this great medicine every day. It has helped thousands of women who have been troubled with displacements, inflammation, ulceration, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration.

Lydia E. Pinkham's Vegetable Compound contains no narcotics or harmful drugs. It is made from extracts of roots and herbs and is a safe medicine for women. If you need special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

Making a Start.
I heard an amusing story the other day concerning Sir John Lavery, the famous society artist.

It seems that one day he was engaged in painting the portrait of a beautiful but very shy little girl, when he chanced to find a threepenny bit in his color box.

"Do you collect threepenny bits?" he inquired of the child, showing her the coin.

"Yeth," she lisped.

"Here's one for your collection. Now how many have you?"

"One," replied the little sister.—London Tit-Bits.

Don't Forget Cuticura Talcum
When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

Brief Encounter.
"You seem much interested in this photograph."

"Yes. You might say that I enjoy a personal acquaintance with the star."

"Dear me! Tell me how you met her."

"I've never met her, but one day when I was crossing the street in Los Angeles she nearly ran over me in her sport car."—Birmingham Age-Herald.

The Ruling Passion.
A submarine attack was on. The sea heaved and rolled. The destroyers were dropping depth bombs. The deck of the troopship was lined with Yankee soldiers. All was silent. Suddenly the tension was broken by a small, weary-looking soldier.

"Say," he said in a hollow voice, "is there anyone here who wants to buy a nice watch and chain?"—Everybody's Magazine.

A brilliant orator is one who always uses the right word in the right place at the right time.

WHAT DOCTOR PIERCE HAS DONE FOR HUMANITY!
BY DOCTOR CRIFFS

It has always seemed to me that Dr. Pierce of Buffalo, N. Y., should be placed near the top when a list of America's great benefactors is written. He studied and conquered human diseases to a degree that few realize.

Whenever he found a remedy that overcame disease, he at once announced it in the newspapers and told where it could be bought at a small price. He did not follow the usual custom of keeping the ingredients secret, so that the rich only could afford to buy.

Savanna, Ill.—"I found the greatest satisfaction in taking Dr. Pierce's Favorite Prescription. It is an excellent medicine to give a woman strength. I have taken the 'Prescription' during expectorations and afterwards when I was run down and weak, and in both cases it proved very beneficial. I was stronger and healthier after taking this medicine, and I take pleasure in recommending it."

Mrs. Charles E. Mullin, 1024 N. Main street.

Rockford, Ill.—"Last winter I had a severe bronchial cough, which Dr. Pierce's Golden Medical Discovery cured. The relief was so prompt and permanent that I am very enthusiastic in praise of the 'Golden Medical Discovery.' I also had occasion to use Dr. Pierce's Extract of Smart-Weed recently. It was recommended to me very highly to break up a cold when my friends thought I was coming down with the influenza, and it certainly did break up my cold, so that I feel sure it would do a sick spell. In all my life I have never known any medicine to break up a cold so quickly as Dr. Pierce's Extract of Smart-Weed."—Mrs. L. E. Lake, 812 Montague St.

To stop the pain of
Corns, Bunions, Calluses, Blisters, Tired, Aching, Swollen, Tender Feet, use
ALLEN'S FOOT-EASE

The Antiseptic, Healing Powder to Shake Into Your Shoes and Sprinkle in the Foot.

Sold everywhere. Be sure to get this package.

ALLEN'S FOOT-EASE

POSITIVELY REMOVED BY Dr. Barry's
Foot-Pain-Expeller (Top Dressing) at
Call, 215 S. Dearborn, Chicago, Ill.

W. N. U., CHICAGO, NO. 15-1920.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D.,
Teacher of English Bible in the Moody
Bible Institute of Chicago.)
(Copyright, 1920, Western Newspaper Union)

LESSON FOR APRIL 18

THE VICTORY OF GIDEON'S BAND.

LESSON TEXT—Judges 7.
GOLDEN TEXT—There is no restraint to the Lord to save by many or by few.—1 Sam. 1:10.

ADDITIONAL MATERIAL—Judges 6:31-40; 8:1-25.

PRIMARY TOPIC—Gideon and His Three Hundred.

JUNIOR TOPIC—How Gideon Won a Victory.

INTERMEDIATE AND SENIOR TOPIC—Victory by God's Help.

YOUNG PEOPLE AND ADULT TOPIC—One With God a Majority.

So grievous was Israel's affliction that they had in dens, caves and strongholds (Judges 6:2). In their distress they cried unto the Lord, and again he heard them and sent deliverance. The angel of the Lord appeared to Gideon in the post of duty.

God always sends men who are doing something. Gideon's hesitancy when called was not due to unbelief, but to modesty and caution. He came from an obscure and unimportant family (Judges 6:15). Before going forward he wished to be doubly sure (Judges 6:36-40). When, once he was convinced of duty he was courageous and enthusiastic. This is characteristic of all truly great men, outstanding examples of which are Luther, Knox and Calvin.

I. The Opposing Army (v. 1).
Gideon and his army arose early on that eventful day and encamped by the spring of Harod. Over against them was the host of the Midianites in battle array. His army was insignificant in comparison with the Midianites.

II. The Sifting of Gideon's Army (vv. 2-8).
At Gideon's call 32,000 men responded, ready for the struggle. This seemed a small army to go against the Midianite army, 135,000 strong, but God said this was too many lest they be led to boasting and self-confidence. Their real danger was not in their small army, but in their pride. All that were faint-hearted were allowed to go back, leaving only 10,000. There were 22,000 cowards in that group of men, and worst of all, they were not ashamed to confess it. Still this was too many. When God was through with his sifting process only 300 remained. The 10,000 were brave men, but not of proper quality and fitness. Those who lapped the water showed weakness and watchfulness. This test revealed the quality and fitness of the men whom God would use to win victory.

This sifting process, no doubt, was trying to Gideon's faith, but he needed to be taught that success in the Lord's work does not depend so much upon numbers as upon quality.

III. God Gives Encouragement to Gideon (vv. 9-15).
God bade Gideon go down to the Midianite camp, where he would hear something which would cheer his heart and strengthen his hands. When he came near he heard a man tell a dream, which was that of a barley cake tumbling into the camp and smiting it. He also heard the interpretation given to that dream which made Gideon to be that cake. This greatly cheered his heart and strengthened him for his work, and caused his heart to burst forth in praise to God. A barley cake is a very insignificant thing, a very cheap affair in itself, but with the hand of God upon it, it would be sufficient to spread consternation upon the Midianites and bring destruction upon their armies.

IV. God Gives Victory to Gideon (vv. 16-23).
His army was very insignificant and his weapons most worthless. His attack was unique. The whole matter was of faith (Heb. 11:32). The ground of his faith was God's word and the token which he had given him. God does not ask us to go forward without good ground upon which to rest our faith. Gideon with his 300 men formed into three companies, each man being provided with a trumpet and with a lamp concealed within a pitcher. Thus armed, they surrounded the camp of the Midianites. They were all instructed to keep their eyes upon their leader and imitate him. We, too, are to keep our eyes on our leader, Christ, and to ever do as he does. At the proper moment they blew their trumpets and broke their pitchers, giving opportunity for their lights to shine out. This awful crash of breaking pitchers, following the sound of trumpets, accompanied by the shout, "The sword of the Lord and of Gideon," threw the Midianites into a panic causing them to fight among themselves. One hundred and twenty thousand were thus slain, leaving but 15,000 of that mighty army (Judges 8:10).

In making the application to ourselves in this age, we can think of the sounding of the trumpets as representing prayer, or calling to God; the torches, as the light of the gospel; the pitchers, our human nature; and the whole, as this treasure in earthen vessels. Only as the pitchers were broken to allow the light to shine forth, and as the sound loud and long the trumpet of prayer can we expect victory.

A God Who Works by Means.
"Shallow men," said Emerson, "believe in luck; strong men believe in cause and effect." This general statement should be qualified or supplemented by the assertion that men who are successful because sensible seek for the right causes to produce desirable effects. We are to believe, not in luck, but in God, yet in God who works by means for the highest aims. We are, in a word, to consecrate to the noblest causes, which we are to further by use of the right agencies—namely, the reasons, motives, and appeals which root in and grow out of the redemptive grace and plan of Jesus.—Zion's Herald.

Another Royal Suggestion

PIES and PASTRIES

From the NEW ROYAL COOK BOOK

CHEER up! There is no further reason for worrying about table variety. The new Royal Cook Book gives new suggestions for every meal every day. The book is so full of surprises there will never be another dull meal in the home. Here are a few suggestions from the new Royal Cook Book.

Plain Pastry
This recipe is for one large pie with top and bottom crust
2 cups flour
1/2 teaspoon salt
2 teaspoons Royal Baking Powder
1/4 cup shortening cold water
Sift together flour, salt and baking powder; add shortening and rub in very lightly with tips of fingers (the less it is handled the better the paste will be). Add cold water, very slowly, enough to hold dough together (do not work or knead dough). Divide in halves; roll out one part thin on floured board and use for bottom crust. After pie is filled roll out other part for top.

Rich Pastry
1/2 cups pastry flour
1/2 teaspoon Royal Baking Powder
1/2 teaspoon salt
1/4 cup shortening cold water
Sift flour, baking powder and salt; add one-half shortening

Apple Pie
1 1/2 cups flour
1 1/2 teaspoons Royal Baking Powder
1/2 teaspoon salt
4 tablespoons shortening
4 apples, or 1 quart sliced apples
2 tablespoons sugar
1 teaspoon milk
Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough cold water to hold dough together. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry; cover pie, pressing edges tightly together and bake in moderate oven 30 minutes.

FREE
By all means get the new Royal Cook Book—just out. Contains these and 400 other delicious, helpful recipes. Free for the asking. Write TODAY to
ROYAL BAKING POWDER CO.
115 Fulton Street
New York City

"Bake with Royal and be Sure"

What Are They?
I see the order has gone forth that human beings are to be enlisted in the army of recovery.
"That's all right; but how about the drill sergeants and second lieutenants?"

Jud Tunkins.
Jud Tunkins says that if any of his folks actually looked like some of the pictures in a fashion magazine he'd send 'em to a hospital to get cured, no matter what it cost.

The Modern Rub.
"Say, Cy, I jes' found out what a rub is—Hiram? What is it?"
"Why, it's one o' them forty-one-hour, \$85-a-week labor guys that thinks a farmer is goin' to sell him food cheap."—New York World.

Lift off Corns!

Doesn't hurt a bit and Frezzone costs only a few cents.

There's no longer the slightest need of feeling ashamed of your freckles, as Frezzone—double strength—is guaranteed to remove these homely spots.
Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it 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 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.

Gulls of the Pacific Coast.
Along the Pacific coast there are three common species, the glaucous-winged, the western and the California gulls, which are not found in the East. They are white-headed species, not strikingly different from the herring gull.—A. A. Allen, in American Forestry.

SHE WEARS NOTHING
FADED AND SHABBY
But "Diamond Dyes" Her Old Apparel Fresh and 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.

NOT MUCH STUDY INVOLVED
Grandma Evidently Didn't Think Highly of the Doings at Women's Debating Club.

Tiny Timothy had to be very quiet on certain days in the week. Sunday mornings were bad because then father had to study his lesson for the afternoon Sunday school. Tuesday evenings he had to tiptoe around while brother John studied his lodge ritual. Friday evenings sister Nellie went to a debating club and it was often preceded by the last look at her part in the debates.

Then one day mother announced that she had been invited to join a bridge club. Every one was anxious for her to join but little Timothy, who sighed: "Oh, mother, now will you have to study, too, before you go there? What do they recite at your club?"

Everybody smiled but dear old grandmother, who did not approve of bridge clubs. "Oh, she won't have to study much," she retorted tartly. "She can just listen at the first few meetings until she learns how to gossip like the rest of them."

A Kindly Caddie.
"Oh, yes, sir, there's worse golf players in the world than you are, sir," the caddie said kindly. "Lots worse!"

"Well, that makes me feel better," the club responded. Then he swung his club, failed to touch the ball, but lifted a section of turf as large as a dinner plate.

"Yes, sir," the caddie continued, "there's certainly worse players, but they never let anybody catch 'em on the links!"—Everybody's Magazine.

A blind horse is satisfied if he can feel his oats.

FOOD FORTIFIES
against exhaustion and illness—if it's the right kind of food.

Grape-Nuts

is easily digested and with cream or good milk is a well balanced ration that builds tissue and increases strength of body and mind.

"There's a Reason"

HEADACHE
Often Caused by
Acid-Stomach

Yes, indeed, more often than you think. Because ACID-STOMACH, starting with indigestion, heartburn, belching, food-repelling, bloating and gas, if not checked, will eventually affect every vital organ of the body. Severe, blinding, splitting, headache are, therefore, frequent exasperation as a result of this upset condition.

Take EATONIC. It quickly banishes acid-stomach with its sour-bloat, pain and gas. It aids digestion—helps the stomach get full strength from every mouthful of food you eat. Millions of people are miserable, weak, sick and ailing because of ACID-STOMACH. If poisons, created by partly digested food charged with acid, are absorbed into the blood and distributed throughout the entire system. This often causes rheumatism, biliousness, cirrhosis of the liver, heart trouble, ulcers and even cancer of the stomach. It undermines the strength of the most vigorous.

If you want to get back your physical and mental strength—be full of vim and vigor—enjoy life and be happy, you must get rid of your acid-stomach. The very help in EATONIC you will find the very help you need and it's guaranteed. So get a big size box from your druggist today. If it fails to please you, return it and he will refund your money.

EATONIC
FOR YOUR ACID-STOMACH