

WOMAN COULD NOT SIT UP

Now Does Her Own Work. Lydia E. Pinkham's Vegetable Compound Helped Her.

Ironton, Ohio. "I am enjoying better health now than I have for twelve years. When I began to take Lydia E. Pinkham's Vegetable Compound I could not sit up. I had female troubles and was very nervous. I used the remedies a year and I can do my work and for the last eight months I have worked for other women, too. I cannot praise Lydia E. Pinkham's Vegetable Compound enough for I know I never would have been as well if I had not taken it and I recommend it to suffering women."

Daughter Helped Also. "I gave it to my daughter when she was thirteen years old. She was in school and was a nervous wreck, and could not sleep nights. Now she looks so healthy that even the doctor speaks of it. You can publish this letter if you like."—Mrs. RENA BOWMAN, 161 S. 10th Street, Ironton, Ohio.

Why will women continue to suffer day in and day out and drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (consultant) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

Knew Where He Was Headed. The story is told of a very crusty, gouty old gentleman who lost his patience with his doctor because he did not make enough fuss over the pain he suffered.

"Doctor," he cried out, twisting and turning because of the agony, "you don't understand! You don't seem to grasp the case! You talk as though there were nothing the matter with me, whereas, I assure you, I am enduring the torments of the lost!"

"What, already?" replied the doctor. "How is your mother, Tommie?" "She's better, but not so better as she was yesterday."

INTERNATIONAL SUNDAY SCHOOL LESSON

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

LESSON FOR MAY 2

SAUL TRIES TO KILL DAVID.

GOLDEN TEXT—Whoso putteth his trust in the Lord shall be safe.—Prov. 29:25.

Although anointed by Samuel, victorious in arms and promoted at court, David was many years in reaching his throne. At first both court and army did him honor (ch. 18:2), yet he conducted himself with great modesty (18:18, 23). He also obeyed the king explicitly though he knew fully that he was the God-appointed successor of Saul. Escapes as wonderful and as providential as David's occur in the lives of most of us if we could but know them.

I. David and Jonathan, vv. 1-5. The story of the love of David and Jonathan is a classic. With such close family relations and a son-in-law so successful at arms it is strange that Saul's anger should vent itself upon David. At first Saul was much attached to David but the admiration of the people for David aroused his jealousy, (ch. 18:6) and jealousy is peculiarly a soldier's disease. The slave of jealousy never has peace. As sin and disobedience developed in his life Saul became subject to fits of insane rage during one of which, as David played upon his harp and endeavored to quiet the monarch's spirit, he hurled a javelin, which served as his scepter, at the harpist (ch. 19:10). Saul felt that David was divinely protected and he knew that God had departed from his own life (18:23; 19:14). Saul did not keep his grief and rage to himself for Jonathan and the nation alike knew all about it.

II. Saul and Jonathan, vv. 4, 7. It took courage and self-sacrifice on Jonathan's part to speak on behalf of David. Prudence and principle are combined in Jonathan's plea. Those who envy include in their hate and anger all who speak kindly in behalf of their enemy. But Jonathan's argument (vv. 4, 5) is unanswerable. David had not sinned against Saul; it was Jehovah who "wrought a great salvation for all Israel" on the day David took his life in his hand and overcame Goliath. Jonathan pleads for God as well as for his friend. He called to Saul's memory his former joy at seeing Jehovah's victory through David and for the time being Saul was persuaded (v. 6) and made another of those impetuous promises which proved so fleeting. Upheld by Jonathan (Matt. 5:9) David returned to Saul's presence, entered once more upon the discharge of his duties and desisted only when he saw that his presence only aggravated the king and that he was uselessly exposing his life in Saul's presence. David was faithful to God and to God's anointed king.

III. Michal and David, vv. 8-12. Saul's hatred was too deep to be permanently overcome. David went out and won a great victory over the Philistines and as he followed his courtly duty, Saul burst out with a fresh attack (vv. 8, 9). David had married Michal when about twenty-one years of age and Saul's attacks occurred during the next three years. The evil spirit mentioned was a demon (18:10; Acts 16:16-18; Mark 1:23-26), a messenger of Satan permitted by God for Saul's discipline (II Cor. 12:7). God permits evil to come upon men not to tempt them—solicit them to do wrong—but to bring them to repentance or to refine them as pure gold. Thus evil may be said to do God's work (ch. 4:1) "to be sent from Jehovah."

IV. Summary. All who envy are murderers at heart (Matt. 27:18; I John 3:12, 15). The present day murderers hurl their javelins of slander, lying and vituperation against the reputation of the men whom they hate. Or else they hurl unfair and unjust business methods at others that they may perpetuate their power or else build themselves up upon the ruins of those whom they envy. Saul misdeed David but he was no less a murderer. Satan always overshoots the mark when he assails one of God's anointed, chosen ones. Saul could not harm David though he wished to ever so much (Ps. 37:32, 33; Isa. 54:17; Luke 4:20; 10:29). Saul's hatred stopped not even at the threshold of David's house but invaded the sacred precincts of his home. Envy is blind, it assails all that a man has, spares none with whom he is connected and colors every act and relation of life even to the relations of father and child. Saul was frustrated by his own children. Jonathan and Michal. David's danger was imminent, hence his speedy escape.

Men are strong in so far as they see God's purpose and discipline in their lives. Saul's experience at Naloth (vv. 23, 24) was a response of his emotional nature to a religious appeal, another time when God was waiting to be gracious. Divested of his armor and outer robes Saul lay in a trance, overcome by the power of him who turns the hearts of men as rivers of water. The wrath of man is made to praise him, the life of the prophet is preserved and likewise the life of his servant David.



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Bringing Sunshine to the Darkest Day

Plan Humane Sunday in May. The American Humane association, a federation of societies and individuals for the prevention of cruelty, requests clergymen of all denominations throughout the country to observe Sunday, May 23, as Humane Sunday, calling attention to the need for protection for suffering and helpless children, and also for unfortunate animals.

Corn's Nutritive Value. "Eat corn — it is really a food for the gods." Such is the gospel being preached to the Europeans. Prince and peasant alike had associated corn with stock food, and, therefore, devalued it. But corn in its nutritive value is little behind whole wheat flour, containing within 6 per cent as much carbohydrates and within 3 per cent as much protein. Much of the food value of wheat is sacrificed in preparation of flour to the end that our dainty appetites may be piqued by the snowy whiteness of the bread. Thus, bulk for bulk, good corn bread is quite as nutritious as is the wheat-on loaf.

THICK LOVELY HAIR

Because Free From Dandruff, Itching, Irritation and Dryness. May be brought about by shampoos with Cuticura Soap preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. A clean, healthy scalp means good hair. Try these supercreamy emollients if you have any hair or scalp trouble. Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

Couldn't See Any Face.

An old friend, whose name I won't mention, told me this one: "I was born and brought up on a farm, and I had the habit of going around with my mouth wide open, especially if there was anything unusual going on. One day an uncle whom I had not seen for years paid us a visit. 'Hullo, uncle!' said I, looking up at him with my mouth opened like a barn door. 'He looked at me for a moment without answering, and then said: 'Close your mouth, sonny, so I can see who you are.'"

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletchman in Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Nothing makes a man so quickly forget that he has been jilted as the society of another woman. A young man may be slow before marriage, but in trying the knot he is made fast.

Showed Discretion. Betty was milking the cow when the mad bull tore over the meadow. Betty did not stir, but continued milking. Observers who had run into safety saw, to their astonishment, that the bull stopped dead within a few yards of the maid and cow, turned around and went away, sadly. "Weren't you afraid? Why did he run away?" asked everyone of Betty. "He got scared," said Betty. "This cow is his mother-in-law."

PEORIA WOMAN TELLS EXPERIENCE

Mrs. W. L. McClellan, of Peoria, suffered torture from indigestion, gas, belching and other symptoms of stomach trouble. She spent large sums of money for doctors' advice and medicine. Still her condition did not improve. She found relief, wonderful, surprising relief in a drug store window. This is her story, as she tells it: "I suffered so from distention and colicky pains that at times I was completely incapacitated for my household work. I saw a window display of Mayr's Wonderful Remedy and decided to purchase a bottle, which I did. I have taken only one bottle and the results have been really wonderful. I have not had a pain in my stomach since, and let me say that for the first time in many, many months, two days following I have had a natural movement of the bowels. I feel I cannot say enough for the remarkable virtues of your remedy." Mayr's Wonderful Remedy gives permanent results for stomach, liver and intestinal ailments. Eat as much and whatever you like. No more distress after eating, pressure of gas in the stomach and around the heart. Get one bottle of your druggist now and try it on an absolute guarantee — if not satisfactory money will be returned.—Adv.

His Fitness. "What's become of your assistant?" asked the newspaper man in the barber shop, about to get the once over. "Oh, he's quit the barber game to become a newspaper man," replied the boss barber. "What does he know about the newspaper game?" "Well, he can handle the shears, all right."

DON'T VISIT THE CALIFORNIA EXPOSITIONS without a supply of Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes, or dissolved in the foot-bath. The Standard Remedy for the feet for 25 years. It gives instant relief to tired, aching feet, and prevents eczema, hot feet. One lady writes: "I enjoyed every minute of my stay at the Exposition, thanks to Allen's Foot-Ease in my shoes. Get it TODAY! Adv."

Place of Amusement. Redd — You know London has an automobile museum. Greene — We ought to have one in this country. It, no doubt, would be an amusing place. "Why an amusing place?" "Why, the automobiles do so many funny tricks."

YOUR OWN DRUGGIST WILL TELL YOU. Try Murine Eye Remedy for Red, Watery, Itchy, and Irritated Eyes. No Stinging, No Burning, No Smarting. Write for Book of the Eye Remedy. Murine Eye Remedy Co., Chicago.

The lowly egg has the best of mankind in one respect; it can spread itself better after it is broke.

When no one will say a kind word of the dead man it is a sign that he did not die quick enough.

Polarine advertisement featuring a car and text: "You Always Have That Film of Oil. Lubrication begins the instant the motor starts if you use POLARINE. POLARINE flows at zero, and maintains the correct lubricating body at any motor speed or temperature. Last year (1914) American motorists used 6,929,614 gallons of POLARINE — 2309 carloads! Conclusive evidence that drivers get service and save motoring trouble by using POLARINE. Buy it in barrels or half barrels and cut down up-keep cost. You can make a big saving. POLARINE is made by the Standard Oil Company, the great service organization. Sold Everywhere Standard Oil Company (AN INDIANA CORPORATION) Chicago, U. S. A. Use RED CROWN Gasoline. Extra heat units in every gallon mean extra power, speed and mileage. (308)

160 Acre Farms in Western Canada FREE. WAITING FOR YOU. Yes, waiting for every farmer or farmer's son — any industrious American who is anxious to establish for himself a happy home and prosperity. Canada's heavy invitation this year is more attractive than ever. Wheat is higher but her farm land just as cheap and in the provinces of Manitoba, Saskatchewan and Alberta 160 Acre Homesteads are Actually Free to Settlers and Other Land at From \$15 to \$20 per Acre. The people of European countries as well as the American continent must be fed — thus an even greater demand for Canadian Wheat will keep up the price. Any farmer who can buy land at \$15.00 to \$20.00 per acre — get a dollar for wheat and raise 20 to 45 bushels to the acre is bound to make money — that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent. Military service is not compulsory in Canada, but there is an unusual demand for labor to replace the many young men who have volunteered for service in the war. Write for literature and particulars as to reduced railway rates in transportation, immigration, Ottawa, Canada; or to C. J. Braughton, Room 412, 112 W. Adams Street, Chicago, Ill., U. S. A. Mackinac, 175 Adams Ave., Detroit, Mich. Canadian Govt.

Torturing Twinges. Much so-called rheumatism is caused by weakened kidneys. When the kidneys fail to clear the blood of uric acid, the acid forms into crystals, like bits of broken glass in the muscles, joints and on the nerve casings. Doan's Kidney Pills have eased thousands of rheumatic cases, lumbago, sciatica, gravel, neuralgia and urinary disorders. An Illinois Case. James P. Forner, of Springfield, Ill., says: "An injury weakened my kidneys and I was in bed two weeks. The pains in the small of my back were awful and I could hardly get up. Sometimes I had to go around on crutches. The first few doses of Doan's Kidney Pills helped me and continued use cured me. I haven't had need of a kidney medicine since." Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. POSTER-BLUM CO., BUFFALO, N. Y.

Don't Persecute Your Bowels. Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. They are Carter's Little Liver Pills. Purely vegetable. Act gently on the liver, and eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Head, Ache and Indigestion, as millions know. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature. Brewster Wood.

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