TODAY I AM REAL WELL

50 Writes Woman After Taking Lydia E. Pinkham's Vegetable Compound

Jamestown N. Y .- "I was nervous, easily excited and discouraged and had

real well and run a rooming house and sine to every woman who complains, and else. I am passing through the Change of Life now and I keep the Vegetable Compound in the house, ready to take when I feel the need of it."—Mrs. ALICE D. DAVIS, 203 W. Second St., from be

toms as nervousness, backache, lack of ambition and general weakness. Lydia E. Pinkham's Vegetable Com-

ound will be found a splendid medicine removed the cause of the trouble CATARRH



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Create Gas, Sourness and Pain How to Treat. Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach-lining is irritated, digestion is delayed and food depth and the walls of the well. As pressed the truth in some such sours, causing the disagreeable symp- the lights in their vessel rested on words as these-I quote from mem-

harm. Try laying aside all digestive a great feat that Patriarch Jacob for God does everything, and man aids and instead get from any drug- executed, four thousand years ago, does nothing except what God does gist a few ounces of Bisurated Mag- when he dug this well. Ere we left through him." nesia and take a teaspoonful in a the chapel, the monk, sighting the quarter glass of water right after color of the banknote in my hand, and there is no sourness, gas or pain. Bisurated Magnesia (in powder or tablet form-never liquid or milk) is harmless to the stomach, inexpen- merits, the incident has been told sive to take and is the most efficient to illustrate the one simple central form of magnesia for stomach pur- point of this Sunday School Review poses. It is used by thousands of Lesson; which is this: There is satmore fear of indigestion.



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6 8

The International Sunday School Lesson for Sept. 30th Is a Quarterly Review: "Great Men and Women of the New Testament."-Hebrews 11:13-16, 39, 40.

By William T. Ellis.

village wells we passed, but the wat- spirits. All the freshness of their nameless ones whose dust mouldered Here is the message of the ten men to be, so we forebore. "At Nablus tionship with Christ. They had turies ago. there is a beautiful spring," said drunk of the "living waters" which Pinkham's Sanative Noah, our chauffeur; therefore, in Jesus promised to the woman of Wash for inflamma- keen anticipation, we waited until Samaria, tion. Today I am we came to Nabuls, the ancient Shechem, lying between Mount Ebal and Mount Gerazim, and still the you may use my letter to help any one home of the remnant, of the Samar- our soul-parched day needs as

explicable why I should not drink the present situation. of the water; a little matter like a Events are driving us

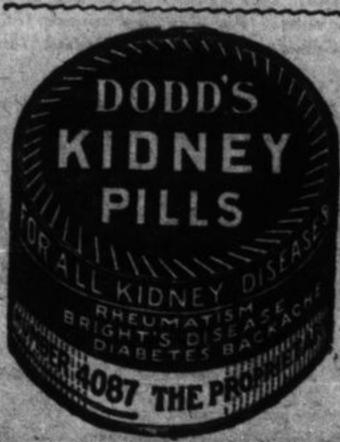
On to Jacob's Well.

thirst, for the English-speaking the Church to save the world. neophyte who met us at the gate, said that the two monks were holding service in the chapel of the well. and would not be through for least half an hour! . Added to the craving for water that possessed us, was a promise earlier made to wife and little girl that they should candle-lighted crypt, where the two national muddle, he made a striking sources. monks were intoning the service. remark; "I have about come to the I had left; or-which is more gen- have had time in abundance, and poultry food in the shape of meat feed. They may be kept well into erous to suppose he may have had despite failure after failure, they meal, beef scrap or high-grade tank- the winter if frozen and prevented compassion on the visitors from have been given repeated oppor- age. None of these should be fed from thawing. The day's supply overseas; for, beckoning the lay tunity to make good. Instead, they if rancid or moldy. reader to take his place with the have let things grow steadily worse. book, he quickly doffed his cassock. Now it seems to me that we must ed because of accident. Every par- the fowl. In the late winter sugar and quietly proceeded to draw wat- look to the plain people, common ticle of these, except the horns and beets and mangels are a good form appreciate the blessed informality consciousness, simply want to do Foultry. The bones must, of course, and stick on a nail. of a Greek service as that day.

Sweet Water From a Deep Well. A copper pail attached to a thin Those are wise words. And they wire rope on a windless (no longer sum up the biographies of the heris the rope-worn marble curb of the oines and heroes of the New Testa- more desirable than the meat foods. well used) was let down for a hun-ment which the world's Sunday dred feet-verily "the well is deep" Schools have been studying for -and brought up brimming with three months. These were all com-

drank, while the priest lowered a they began to turn the world uptray of candles to show us the side down. Philip Brooks once extoms which every stomach sufferer top of the water, a hundred feet mory-'It does not take a great down, they were still thirty feet man to do great deeds; it only takes from the bottom of the well. It was a sincere man, a consecrated man; This sweetens the stomach, lavished upon us pictures and postcards, and even a bottle of the sa-

Possibly at greater length toan it who enjoy their meals with no isfaction for great thirst only in the old, deep wells. The men and women whose characters we have been studying for three months drank from the sure springs. Their lives were refreshed and strengthened from sources that never failed. As Jacob and Jesus, and myriads since, right down to this present day, have had their thirst assuaged as this unfailing well (this is



in Nazareth; and the ride across the so the great ones of Scripture satis-Plain of Esdraelon had been hot and fied their cravings at the perennial dusty, for the month was July. How spring of the person and grace or

Old Wells for New Thirsts. Is there any other message that needs this? We are face to face At the approach with Nablus we with terrible failures in the affairs came upon a stream gushing out of the nations. Diplomacy has failfrom beneath a small, square stone ed. Leadership has failed. Conferstructure. I leaped out of the car, ences and councils and the League and first rinsing my soiled hands in of Nations have failed. Force has cause a general upset condition of the the cold, tumbling water, I hasten-failed. International business and whole system, indicated by such symp- ed to the spring itself—only to find finance have failed; and likewise. it somewhat roiled, as no good in the case of individuals, the selfspring should be. Following the indulgence that has ensued has failwall of the spring-house around to ed. World peace, order, safety, for such troubles. In many cases it has the side, I started to enter, to get prosperity, good will—all seem farwater from the very source, when ther away than ever. No person in in the semi-darkness, I found two possession of his senses, and with men bathing in the spring! To vie any knowledge of world conditions natives standing about it was in- can fail to be deeply alarmed over

> man's bathing in the fountain does nilly, to the solution contained in Amid their ex- these Sunday School Lessons. Only clamations of wonder, the still men obedient to the heavenly vithirsty travellers drove off in haste sion, whose lives God has mastered, can deliver the race and lead it into a new order; even as these men This time I was in command of and women of twenty centuries ago the situation. "We'll get water remade their contentious and cna- a lot of worms, bugs and insects. from Jacob's Well, at Sychar, where otic world. The truth is so near You have often seen them following the woman of Samaria gave our at hand, and so commonplace a the plough on newly turned ground Saviour a drink. That well is deep teaching of Christianity, that we eagerly gobbling up the worms. and pure, unpolluted by the care- are in danger of missing its pro- They do this, not alone because these lessness of ignorant villagers." At fundity. Only those who have are palatable, but because their syslength we reached the spot, south drunk from the deep wells of God tem demands them to supply certain of Nablus, on the main road to Jeru- can lead this parched and thirsty kinds of protein which is obtained salem (that is why Jesus "must world to the living waters that will from no other source. Nor do hens needs go through Samaria,") and save its life. Except the men and on limited range get enough of this surrounded by the wall of a church, women to whom Christ is a reality, kind of food. In such cases the which the Greeks have undertaken and His law righteousness a rule amount they pick up must be suppleto build on the site of a church of life, can turn our times back into mented naturally.) Of course, when erected over the well by the Cru- the paths of justice and good will and peace, there is no hope, for civ-It seemed as if we were doomed ilization. Today, as perhaps never to disappointment and continued before in history, it is the task of

As a World Citizen Sees It. Within recent days I have been sired. in frequent and intimate conversation with a friend whom I have heard called, "the finest diplomat in Gal THREE-S S what is right. They are the salt that is to save society if it is saved ed.

crystal clear and sweetly cold wat- mon men and women, until they We drank and drank and added Christ to their lives; when

> A Clarion Call To Youth. What a summons to youth is this!



GENERAL LUDENDORFF
Who a few years ago had his face set in another direction, is now reported to be mustering an army of 40,000 to besiege Berlin because of the government's surrender to France.

The best "success" literature is a chamber and passages and sarco-My last drink of water had been year of drought in Palestine, but it ice. Who outside of their own petty such as we have been studying, who at noon, from the Virgin's Fountain does not effect the well at Sychar), circles would ever have heard of succeeded where kings and potenwell nigh waterless is Palestine was God. These holy men and women and cause of Christ? They would of the "living waters" and lo, even brought forcefully home to me, for with whom we have delighted to have been mere unconsidered addi- their fame lives forever. my throat was parched. One or two keep company were God-imbibing tions to the countless company of Biography inspires to emulation.

> and breath of the Holy Land, dur- opens a road to direct service of a ing these recent months. I have been needy time - I can do all things impressed by the thought that the through Christ who strengtheneth region, especially in Phoenicia, me." There is power for present ef-

study of scriptural biographies. phagi have lately been discovered, These show what is possible to the and looked upon the efforts of those person. ancients to defy time and outwit Simply by identifying self with death and to secure something like Christ; by forsaking all to do his physical immortality. > All their will; by forgetting ones' own little- costliest efforts have been futile. ness in a consciousness of the Deep in the bowels of the earth. greatness and all-sufficiency of God, amid tombs and carvings that have it becomes possible for ordinary in- never seen the light of day, I dividuals to do extraordinary serve thought of the men and women, the group of men and women who tates have failed, by the simple are the quarter's theme, had they process of devoting their lives to not annexed themselves to the life Christ and his kingdom. They drank

er looked as bad as it was reputed lives came from their vitual rela- into its native elements long cen- and four women whom we have studied for a quarter-the message Travelling throughout the length that makes the common great, and

Prof. F. C. Elford Dominion Poultry Husbandmen

> With Specialized Information Contributed by G. W. Miller Author of Coldbelt Poultry Course.

Animal and Green Feed. of corn and grain feeds for poultry. Now we will learn of the necessity by removing the plug. By this time of animal and vegetable food.

they are kept in confinement, as in the big commercial plants, they are entirely dependent on the feeder for

it. Experiments have proved that about one-tenth of the entire food consumed by a hen, or one-fifth of the mash, should be of animal origin when a large egg production is de-

When Bugs Are Deficient. Europe." He has been the confi- and insects runs short either on considerable degree of frost. When dant of kings and statesmen; all range or in confinement, it may be this is four or five inches high they the world is familiar ground to him; supplied artificially, with a high deand he thinks in terms of nations. gree of satisfaction. This artificial the well-curb. So we entered the As we discussed the present inter- supply is obtained from several

from a visit two weeks earlier, and help for us in the so-called 'leaders' that accumulated in killing animals, up to Christmas. the rather large 'backsheesh," that and 'great men' of the day. They and make from them a satisfactory

be ground in a poultry bone grinder.

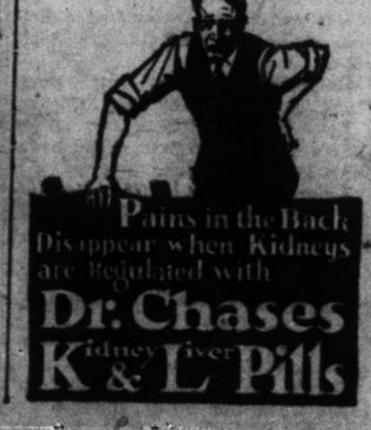
for poultry-in some respects it is of which to make them. of body, for fattening and for forcing heavy eggineoduction.

Succulent Green Feed. When fowls are on free range they

eat a considerable amount of grass and other green feed to supply the system with mineral salts and tone up the body. This food is much more important for poultry than it used to be thought to be, and in winter or when hens are confined it must be supplied if a large supply of eggs is desirable.

Many of these foods are available. such as cabbages, beets, mangels, leaves, and green food such as tender young rye, oats, or wheat grown for the purpose, and cut daily as

Sprounted oats are also a very easily produced. The simplest me- energy, others for giving growth and thod is to have a half desen or more development. Grains do not contain wooden pails, boring a half-inch hole in the side of each just above the bottom, with a plug to stop this when lesson. Besides, variety adds to the necessary. With the plug in fill one of the pails two-thirds full of the fowl to consume and assimilate good oats, cover with tepid water to the top of the pail and cover with a



along the coast, is one huge necrop- ficiency in the Saviour who is our olis. I have seen ancient tombs till distressed world's only hope. Who my eyes were weary. In Sidon I will give water to drink to desperclimbed down the shaft of a new ately-smitten humanity from the excavation, where a great mortuary deep well of Divine refreshmene?

Under the Authoritative Direction of

Registered in accordance with the Copyright Act. Last week we considered the value | temperature of 60 to 70 degrees.

piece of bagging. Keeping it in After four hours draw off the water the oats will have so swelled as to When on range the hens pick up fill the pail. In twenty-four hours turn this into another pail or pails and repeat each day, gently scraping the moss made by the growing oats apart and sprinkling with water. In five days the sprouts will be an inch long, when it should be fed. The hens will eat up sprouts, roots, grain

> Other Sources of Green Feed. Another method is to spread the oats thinly on a floor or on trays that may be drained, and moistening with water daily. If the room is warm the cats will sprout as readily in this way as in the pails, but it

requires a good deal more room. The amount to be given each day is about one ounce per bird.

The more tender and fresher green feed is the more efficient it is as a poultry feed. Many poultrymen. knowing this, sow a field near the poultry house, with rape or fall When the natural supply of worms | wheat, both of which will stand a daily cut enough of it for their flock. scrape the snow off. If this is frozen when cut it should be allowed to The large meat packing houses thaw out before giving it to the hens. Perhaps one of them rememberel me conclusion that there is no hope or process the mest particles and blood Green feed may thus be supplied well

Cabbages are also excellent green should be placed in cold water to Sometimes a horse or a cow is kill- draw the frost and before giving to Never before did I so men and women who, without self- the hoofs, make excellent feed for of green feed. Split each root in two

> One of the chief reasons farm hens Neither must this be fed when spoil- do not lay in winter is because of a lack of animal and succulent green Fish scrap, when available, is an | feed. Hens cannot lay eggs unless other form of animal food suitable they have the proper ingredients out

Sour skim milk and buttermilk are Questions for This Week's Lesson. efficient sources of animal proteins 1. Why are animal and green that are good for promoting growth feeds necessary in poultry rations? 1. Why are animal and green 2. How may the natural animal food of the range be supplemented when fowls are confined?

3. Name some of the sources of succulent vegetable feed for fowls

4. Give a chief reason for farm hens not producing eggs in large numbers in cold weather.

Answers to Last Week's Questions. 1. All feeds have not the same nutritive value. Corn, for instance. is a much more efficient heat or energy producer than wheat. From 20 to 40 per cent, of the grain of oats in indigestible, and this should rape, out clover or alfalfa hay or be kept in mind when comparing the price of oats with other grains.

2. A fowl requires a variety of feeds to supply the needs of its system. No one feed possesses all the elements necessary for this some valuable form of green feed, and are are better for producing heat and enough mineral elements, for instance, as will be shown in the next palatability of the ration and induces more of it.

> 3. Fats, is the food element that is most readily stored for use by the hen at a future time. When changed to carbohydrates, as it really is when required, it produces energy, warmth and motion.

Marks from Rockers. If you have a rocking chair in

your home that is always occupied by a person who rocks incessantly. and causes ugly marks on your varnished floor, turn the rocker upside m some night and apply a strip of felt to the under side of the rockers by means of a little glue. a will dry by morning and your worry will be over and no one the

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