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INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. BELLERS, Acting Director of the Sunday School of the Moody Bible Institute of Chicago.)
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LESSON FOR JANUARY 30

THE LAME MAN LEAPING.

LESSON TEXT—Acts 3.
GOLDEN TEXT—Peter said, "I will have that man leap." But what I have that give I thee. In the name of Jesus Christ of Nazareth, walk. (vs. 6, 7.)

The coming of power (chapter 2) is soon tested outside of the circle of believers. It is put to a public test, is tried as to its efficacy physically, i. e., has the Holy Spirit power physically, as well as over the spirits of men? The answer is given by Peter and John, vv. 1-10. Following Pentecost the disciples seem to have continued their accustomed mode of life. (1) The apostles and worship (v. 1). As yet, and anxious for many years, the church was no particular separation of Jews and Christians.

Praying men like these two leaders, Peter and John, continued to fulfill their temple duties. The hour of sacrifice (Ex. 29:39; 1 Kings 18:36). All true approach to God must be on the grounds of sacrifice (John 14:6; Heb. 9:22) and we must remember that the hour was the hour of sacrifice (Ex. 29:39; 1 Kings 18:36). All true approach to God must be on the grounds of sacrifice (John 14:6; Heb. 9:22) and we must remember that the hour was the hour of sacrifice (Ex. 29:39; 1 Kings 18:36).

THE BAKING CABINET

It does not follow that the more tobacco a person smokes, the more agreeable he is.

SYMPOSIUM OF SOUPS.

On a stay-at-home night try Spanish onion soup.

Spanish Onion Soup—Chop five onions and fry brown in butter, adding a teaspoonful of sugar. When tender pour over eight cups of hot beef stock. Add a bayleaf, half a dozen pepper corns, and a tablespoonful of minced parsley. Simmer 15 minutes, strain and serve with diced fried bread.

Purée of Carrots—Fry carrots in butter one cupful of carrots, cut in dice. Add enough beef stock to cover and simmer until soft. Add a cupful of stock, bring to a boil, and add the yolks of two eggs, beaten, with two tablespoonfuls of cream.

Dutch Soup—Cook together a carrot and an onion in boiling salted water. Rub through a sieve, season with salt and pepper and add a teaspoonful of sugar. Add five cups of beef stock, reheat and serve.

Spilt Pea Soup—Soak over night four cupfuls of split peas in water. Cover, adding a pinch of soda. Drain and add to eight cups of beef stock. Add a head of celery, a sliced carrot and an onion chopped fine. Season with salt, pepper and curry powder. Simmer through a coarse sieve into a tureen, rubbing the pulp through the sieve. Serve with croutons (diced fried bread).

Savory Rice Soup—Add a cupful of cold boiled rice to four cupfuls of beef stock. Simmer until the rice is very soft, then rub through a fine sieve and return to the fire. Season to taste, thicken with the yolks of two eggs, beaten with half a cupful of cream.

Tomato Soup—Cook two quarts of tomatoes with two onions, two carrots and a half cupful of chopped raw ham. Add two quarts of beef stock, strain, season and heat. Thicken with one tablespoonful each of flour and butter, cooked together; blend with a little of the stock and add; bring to a boil, season with salt, pepper and a bit of sugar; serve with fewest and cream.

Veal Stock thickened with a little cooked sage and enriched with beaten eggs makes a most delicious and nourishing soup.

THE NEWEST REMEDY FOR BACKACHE, RHEUMATISM AND DROPSY

Kidney, Bladder and Uric Acid troubles bring misery to many. When the kidneys are weak or diseased, these natural filters do not cleanse the blood sufficiently, and the poisons are carried to all parts of the body. There follow depression, aches and pains, heaviness, drowsiness, irritability, indigestion and general debility. In some people there are sharp pains in the back and loins, distressing bladder disorders and sometimes obstinate constipation. The uric acid sometimes forms into gravel or kidney stones. When the uric acid affects the muscles and joints it causes lumbago, rheumatism, gout, sciatica, etc. This is the time to send Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., 10c for large trial package of "Ankuric."

During digestion uric acid is absorbed into the system from meat eaten, and even from some vegetables. The poor kidneys get tired and backache begins. This is a good time to take "Ankuric," the new discovery of Dr. Pierce for kidney trouble and Backache. Neglected kidney trouble is responsible for many deaths, and insurance Company examining doctors always test the water of an applicant before a policy will be issued. Have you ever set aside a bottle of water for twenty-four hours? A heavy sediment or settling sometimes indicates kidney trouble. If you wish to know your condition send a sample of your water to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., and describe symptoms. It will be examined without any expense to you, and Dr. Pierce or his medical staff will inform you truthfully. Ankuric is now for sale by dealers, in 50c packages.

Remembered Christmas Lesson.
While stoking the furnace father demolished the electric lamp, leaving the basement in darkness. Turning to his small son, who stood watching, he asked:
"Where was Moses when the light went out?"
And his small son, who was a Sunday school pupil, promptly replied:
"In the manger."

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat, has a fever of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours and fastidious waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness. Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

GENTLE RUBBING HELPS VARICOSE VEINS
Rubbing the legs with a gentle upward stroke brings blood to surface, and is mighty good advice, says an authority.
The rubbing, which should always be toward the heart, because the blood flows that way, apply Emerald Oil (full strength) with brush.
If this simple home treatment for a few days and improvement is not noticed, then consult vein specialist at once. Do not use any very concentrated, irritating, and can be obtained at any modern drug store. It is so powerful that it also reduces girths and waists.

How America Suffers.
"This war is exhausting Europe, and—"
"It's making me mighty tired, too. Can't you talk about something else?"

The Wretchedness of Constipation

Can quickly be overcome by **CARTER'S LITTLE LIVER PILLS.**
Purely vegetable and free from any harmful drugs. Gently on the liver. Cure Biliousness, Headache, Dizziness, Indigestion. They do their duty. SMALL PILL. SMALL DOSE. SMALL PRICE. Genuine must bear Signature.

Students Art Magazine
10c a Copy
Publishes Car Art, Automobiles, Illustrations, etc. Send for free sample copy. Address: Carter's Little Liver Pills, Dept. 1, Boston, Mass.

WHY SUFFER SKIN TROUBLES
When a Postcard Will Bring Free Samples of Cuticura?
Which gives quick relief for all itching, burning, disfiguring skin troubles. Baths with the Cuticura Soap and hot water. Dry and apply Cuticura Ointment to the affected part. They stop itching instantly and point to speedy healing often when all else fails. Free sample each by mail with Book. Address postcard, Cuticura, Dept. 1, Boston. Sold everywhere.—Adv.

BLACKS & OPTICS
ESTD. 1850-DETROIT
156 WOODWARD AVE.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN
For Croup, Whooping Cough, Colic, and correct disorders of the bowels. Sold by all druggists. Price 25c per tin. Address: Mrs. J. C. Gray, 100 North 1st St., Detroit, Mich.

PATENTS
MIDGET BIBLE
Wm. W. U. DETROIT, MO. 5-1916.

A KIDNEY REMEDY THAT NEVER FAILS

EXPERIENCED DRUGGISTS IN EVERY STATE RECOMMEND AND USE SWAMP-ROOT IN THEIR OWN FAMILIES

Dr. Kilmer's Swamp-Root sells well with us because it invariably produces good results in Kidney, Liver and Bladder troubles. We sold a dollar bottle to one of the inmates of our Soldiers' Home near here, and after using it he brought in about one cupful of stone, which he states that he obtained wonderful relief from the use of Swamp-Root.

ERNEST A. BROWN,
Lafayette, Ind.

Personally appeared before me this 28th day of July, 1909, Ernest A. Brown, of the Brown Drug Co., who subscribed the above statement and made oath that the same is true in substance and in fact.

DAVID BRYAN, Notary Public.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

Shocking.
"They tell me Dubbs is in the hospital. What happened to him?"
"Oh, he saw a piece of wire lying in the street and tried to pick it up."
"Yes, and then?"
"He discovered that the wire was busy."

RECIPE FOR GRAY HAIR.

To halt plot of water add 10c. Bay Rum, a small box of Barbé Compound, and ¼ oz. of glycerine. Apply to the hair twice a week. It will become the desired shade. Any drugist can put this up for you, mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and restore juvenility. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not soil.—Adv.

Turtle With Two Heads.

Ever see a living animal with two heads? No? Then you should see Eugene Smith's little turtle and his two well-developed heads, each separate and distinct from the other. Smith declared that the turtle eats with both heads.—Mullins (S. C.) Dispatch to New York Herald.

A perplexing Question.

A Cornell professor and his wife were entertaining at dinner a few weeks ago. In the midst of the gayety at table a child's rove was heard coming from the floor above.
"Mother!" he cried.
"What is it, Archie," she asked.
"There's only clean towels in the bathroom. Shall I start one?"—Harpers Bazar.

Good Riddance.

Andrew Carnegie said at a luncheon in his Fifth Avenue mansion overlooking Central park:
"The captain of industry has disappeared—and a good job, too."
"I refer, of course, to that type of captain of industry which is lampooned in the 'Yellow Book'."
"Did you hear about the horrible, horrible defection that has happened to the tombstone of the captain of industry, poor old Trillinton?" said a banker.
"No," said his companion. "What did the defection consist of?"
"Some scandalous added the word 'friends' to the poor fellow's epitaph."
"Yes, and what was the epitaph?"
"It was 'He did his best.'"

Work A Pleasure

is largely a matter of health; and in this a big factor is eating the right kind of food—food that repairs the daily wear and tear of body and brain—keeps one in trim.

Grape-Nuts

FOOD made of whole wheat and malted barley, supplies all the rich nourishment of Nature's field grains, including their vital mineral salts, so lacking in many foods, but all-important in building up and sustaining brain, nerve and muscle tissue.

Grape-Nuts with cream or good milk supplies sound, well-balanced nourishment—makes for happy days and successful endeavor.

"There's a Reason"
Sold by Grocers everywhere.

Method.

Brown—Is Jones strictly neutral?
Mrs. Jenks—Yes, he sides with whoever he's talking with!

TO STOP TERRIBLE RHEUMATIC PAINS

Get a box of true Mustarine in the original yellow box for about 25 cents at drugists. Rub it on the inflamed joints of muscles, and that almost unbearable agony will go at once.
No rheumatic sufferer can afford to be without true Mustarine for it never fails to give blessed relief. Use it for aches or pains anywhere, and for sore throats, bronchitis and pleurisy. There's relief in every rub. It stops pain and congestion. True Mustarine is made by Belg. Medicine Co., Rochester, N. Y.

His Part.

"Does your mother put up her own preserves?"
"Yes, but father puts up for them."

His Early Morning Task.

Not all city folk are as ignorant of the conditions on the farm as some farmers are apt to suppose. A Bostonian, who was spending his vacation on a farm in Maine, had resolved to rise with the birds, in order to get the full advantages of the rural life.
"Well, young man," said Farmer Hiram as the city bird awoke in the night, "been out to hear the baycock crow, I suppose?"
"The city man smiled. "No," said he, "I've been out tying a knot in a cord of wood."—Youth's Companion.

More Important Than Baby.

A well-known Mobilian who lives in the suburbs had an addition to his barnyard in the shape of a fine calf of the Jersey breed. A week later there was an arrival in the house, his wife presenting him with a ten-pound daughter. The day after the little girl came the father was stopped on the street by a lady who had known him and his wife all their lives.
Assuming a very impressive air, she said:
"Have you got at your home something for which you have been waiting a long time?"
"What most certainly have," he replied.
"What is it?" the lady asked almost breathlessly.
"A full-blooded Jersey heifer calf," he exclaimed.—Mobile Register.

GOOD THINGS FOR THE TABLE.

This is a combination which is uncommon but will be found most fashionable.

Escalloped Corn and Oysters.—This is a good system for an additional favor. A pint or less may be used. Drain the liquor from a can or with a can of corn. Place a layer in a buttered dish, then sprinkle with crumbs and also another layer of corn and oysters, finish with buttered crumbs and pour over rich milk to the top. Bake until done.

Unusual Baked Beans.—Soak a quart of navy beans overnight, then parboil them until the skins roll, drain and add to a cupful of corn, a half cupful each of brown sugar and vinegar, a tablespoonful each of mustard and salt and a pint of tomatoes and a half-pint of salt pork. Bake an hour.

Marshmallow Dessert.—Dissolve a heaping tablespoonful of gelatin in a half cupful of hot water, add a half cupful of cold water. Beat the whites of four eggs stiff, add ¼ cupful of sugar, then pour the mixture into a tureen and beat until it is quite stiff. Color and put nuts in a third of it, then grease a mold with a little butter, put in a layer of white and a layer of colored, then set away to harden. Cut in slices and serve with whipped cream.

Homemade Mustard.—Beat three tablespoonfuls of mustard with a tablespoonful of sugar and one egg; whisk smooth and add a cupful of vinegar and cook for three or four minutes. When cold add a teaspoonful of olive oil or melted butter.

Date-Nut Torte.—Beat two eggs, broken into a mixing bowl, and add a cupful of granulated sugar; beat until well creamed. Add a cupful of seeded dates, cut in small pieces, and a cupful of nut meats chopped. A third of a cupful of flour, sifted with a teaspoonful of baking powder, a little salt; then pour into a well-floured baking pan. Bake half an hour, then sprinkle with lemon juice and set away to harden. Serve cold with whipped cream.

Getting at His Motive.
"Will you have my note?" he inquired politely.
"On the ground that I am aged and decrepit?" the woman asked.
"No, indeed, madam."
"That I am young and beautiful and possibly not averse to a flirtation?"
"Certainly not. That is—"
"Then it must be because you are a gentleman, in this respect differing from the fat person on the left and the right. I am glad to learn your principles, sir, but here is my street. Good day."

Marie Maxwell

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