

HOW TO FIGHT SPANISH INFLUENZA

By DR. L. W. BOWERS.

Avoid crowds, coughs and colds, but fear neither germs nor germs. Keep the system in good order, take plenty of exercise in the fresh air and practice cleanliness. Remember a clean mouth, a clean skin, and clean bowels are a protecting armor against disease. To keep the liver and bowels regular and to carry away the poisons within, it is best to take a vegetable pill every day or twice of Mayapple, aloes, sassa, and sugar-coated, to be had at most drug stores, known as Dr. Pierce's Pleasant Pellets. If there is a sudden onset of what appears like a hard cold, one should go to bed, wrap warm, take a hot mustard-foot-bath and drink copiously of hot lemonade. If pain develops in head or back, ask the druggist for Anuric (anti-uric) tablets. These will flush the bladder and kidneys and carry off poisonous germs. To control the pains and aches take one Anuric tablet every two hours, with frequent drinks of lemonade. The pneumonia appears in a most treacherous way, when the influenza victim is apparently recovering and anxious to leave his bed. In recovering from a bad attack of influenza or pneumonia the system should be built up with a good herbal tonic, such as Dr. Pierce's Golden Medical Discovery, made without alcohol from the roots and barks of American forest trees, or his Iron Tonic (iron tonic) tablets, which can be obtained at most drug stores, or send 10c. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial package.

PATENTS

Watson E. Coleman, Patent Lawyer, Washington, D. C., 400 Adams Building, Room 2000. Highest References. Best Service.

Relieved the Tension.

A little boy at school saw his teacher faint and fall. In the confusion it was impossible to keep so many heads, and the little one looked round the prostrate lady and her sympathetic colleagues. But this small boy kept both his color and his coolness.

Standing on a bench and raising his hand, he exclaimed: "Please, teachers, can I run and fetch father? He makes coffee. The peel of laughter which greeted this unassuming humor roused the teacher from her short trance and nobody enjoyed the youngster's saying more than she did when the circumstances were explained to her afterward.

Catarrh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, and is cured by constitutional conditions. HALL'S CATARRH MEDICINE is the only medicine that is taken internally and acts through the blood. It is the most powerful of the blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrh of the bladder, throat, nose, etc. Testimonials free. F. J. Cheney & Co., Proprietors, Toledo, O.

Cures of Leprosy.

"When I was a boy we used to cut up pumpkins to make Jack-o'-lanterns."

"Yes. You wouldn't dare treat a perfectly edible pumpkin in that way now."

United States keeps a three-month supply of army food in France.

Influenza and kindred diseases start with a cold.

Don't trifle with it. At the first shiver or sneeze, take

CASCARA QUININE

Standard cold remedy for 20 years—in tablet form. Satisfies the most exacting requirements. It is the only cold remedy in tablet form. It is the only cold remedy in tablet form. It is the only cold remedy in tablet form.

Carter's Little Liver Pills

will set you right over night.

Purely Vegetable. Small Pill, Small Dose, Small Price.

Carter's Iron Pills

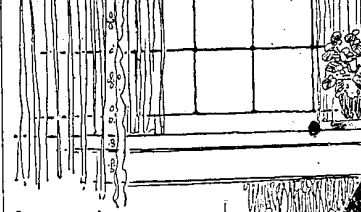
Will restore color to the faces of those who lack iron in the blood, as most pale-faced people do.

Persistent Coughs

are dangerous. Get prompt relief from Piso's Cough Syrup. It is the only cough syrup that is safe for young and old. No opium in it.

PISO'S

Mrs. Tetlow's Thanksgiving Guests



THE old Tetlow place stood off to the east of Layton. It had once been surrounded by wide acres, but gradually the growing town had encroached on its borders; and, bit by bit, the property had been swallowed up, until at last the old Tetlow place was a narrow strip of land, bounded by the town on three sides, and by a narrow road on the fourth. The old Tetlow place was a narrow strip of land, bounded by the town on three sides, and by a narrow road on the fourth.

The Tetlow farm had been a prosperous one in its day, and its owners had lived on it in quiet respectability for many generations. But they were all scattered and gone now—these Tetlows—save for the one lonely old woman, who gazed out of the small-paneled window at the old place.

"People said Mrs. Tetlow was growing forgetful. Perhaps she was—forgetful of the present."

It was a dreary November day. The clouds hung low and a few scattering snowflakes were beginning to fall. "Real Thanksgiving weather," murmured Mrs. Tetlow, as she looked out of her front window.

"You're right," said the young man, who was sitting at the table. "It's real Thanksgiving weather." "You're right," said the young man, who was sitting at the table. "It's real Thanksgiving weather."

"Grandma Spencer's folks always came by Wednesday night," said Peter, who was sitting at the table. "It's real Thanksgiving weather."

"Grandma Spencer's folks always came by Wednesday night," said Peter, who was sitting at the table. "It's real Thanksgiving weather."

"Grandma Spencer's folks always came by Wednesday night," said Peter, who was sitting at the table. "It's real Thanksgiving weather."

"Grandma Spencer's folks always came by Wednesday night," said Peter, who was sitting at the table. "It's real Thanksgiving weather."

"Grandma Spencer's folks always came by Wednesday night," said Peter, who was sitting at the table. "It's real Thanksgiving weather."

"Grandma Spencer's folks always came by Wednesday night," said Peter, who was sitting at the table. "It's real Thanksgiving weather."



but a lamp was lighted in the dim room that evening, and at nine o'clock the old woman took a bedroom candle in either hand and tottered up the stairs. In the little stand beside each bed she placed a brass candlestick, and, having turned back the sheets, went out again, murmuring a soft "good-night."

Mrs. Tetlow rose at five, and before it was time to prepare breakfast had dressed her turkey and set it aside, ready for the oven.

About nine o'clock she began to lay her table. "How good it is to see all these things out again!" exclaimed the old lady, surveying the result of her labor with pardonable pride; "and it's right good to have company once more."

"I've nothing to do now," she said, "but to sit at the front window and watch for the folks to come. I'll be able to see them far up the meadow road."

A few minutes later she was startled by hearing a knock at the front door, and, quite trembling with the shock, she arose to open it.

"Good morning, Mrs. Tetlow," it was Mrs. Clifford, the young doctor's wife, who spoke. "Good morning, Mrs. Tetlow. Isn't this a beautiful Thanksgiving day? Madam Clifford is out in the carriage and she wants to take you home to have dinner with us. Please say you'll come; and let me get your bonnet and shawl for you."

Mrs. Tetlow looked down into the bright young face, with a tremulous happiness in her own, as she slowly shook her head.

"You're real good," she said, "and please tell Madam Clifford I'm just as good as obliged to her, but I can't come today. I'm looking for company."

"There was a ring of tremulous pride in the old voice that went to the heart of the young woman. She looked up into the wrinkled old face and noted the strange glow of content and far-off happiness in the old eyes. Mrs. Clifford remembered it afterward with a sense of awe."

As she turned to go now she saw, through the open door, a glimmer of the long table, all ready for dinner. "I'm so glad for you, Mrs. Tetlow," she exclaimed impulsively. "I hope you will have a pleasant Thanksgiving day. I told you that I was coming. I hope you will have a pleasant Thanksgiving day. I told you that I was coming."

SUNDAY SCHOOL LESSON

By REV. F. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago. (Copyright, 1918, Western Newspaper Union.)

LESSON FOR NOVEMBER 24

JACOB AND ESAU RECONCILED.

LESSON TEXT—Genesis 33:1-11. GOLDEN TEXT—If I never turn away wrath—Proverbs 15:1. DEVOTIONAL READING—Psalms 45:1-5. ADDITIONAL MATERIAL—Genesis 32:3-23.

From Bethel, Jacob went to Padan-aram to his mother's people. Here he served Laban for twenty years—fourteen years for his wives and six years for certain wages. In his dealings with Laban he finds his match—two schemers get together—diamond cuts diamond.

1. Jacob Departs for Canaan (31:1-21). The time had come for Jacob to go back to his kindred in the land of Canaan. The Lord instructed him so to do (v. 13). Though going forward under the direction of God, his Jacob-nature caused him to take clandestine leave of Laban. When Laban realized the situation he went in hot pursuit, but God appeared to him in a dream and warned him against any act of violence toward Jacob. They formed a compact and Laban returned home.

2. Jacob praying (v. 9-12). "Esau made no reply to Jacob's message, but went forward with an army of men, four hundred strong, to meet Jacob. Jacob, in great distress, therefore, he cried himself upon God in prayer. This is a fine specimen of effectual prayer. It is short, direct, and earnest. (1) He reminds God of his command, issued for his return, and asks that the covenant promise (31:38). Surely God would not issue a command and then leave him in such a strait. (2) Pleads God's promise as to his personal safety (v. 10). In this he shows the proper spirit of humility. (4) Presents definite petitions (v. 11). He lays before the Lord the definite request to be delivered from the wrath of Esau.

3. Jacob wrestling with Esau (32:24-32). In God's school of discipline, Jacob is making some improvement, but still he is under the sway of self-will and self-trust. Though he had told the matter definitely before the Lord, he thought that his scheming would render God some assistance. Accordingly, he sent presents ahead to appease the anger of Esau. While journeying along, a man met him and wrestled with him, but Jacob knew not who he was. Perhaps he thought that Esau had ponied upon him in the dark. He exerted every ounce of strength in what he thought was a struggle for his very life. The morning was approaching, and still the wrestlers continued, Jacob not knowing it was Jehovah manifest in human form. This is the second crisis in Jacob's life. He did not dare to enter the promised land under the control of his self-sufficiency; his selfish will must be broken; his Jacob-nature must be changed. God humbled him by dislocating his thigh. When thus humbled, he quit wrestling and clung to God. He got the blessing when he, conscious of his weakness, laid hold of God.

4. Jacob gets a new name (v. 28). He was no longer Jacob, the supplanter; but Israel, a prince of God. His new name was given him after he had a new nature. He came face to face with God, and face to face with himself, and fought the battle to a finish. We must have the new nature before we can enter the place of blessing. Jacob came to realize that he had been struggling with God, for he called the place "Peniel," which means "face to face with God."

5. Jacob meets Esau (33:1-17). God had evidently wrought with Esau, for when Jacob approached him the sting of bitterness was gone. It was not Jacob's scheming that removed Esau's anger, but the action of the Supernatural upon his heart. At Jacob's approach Esau came right with God, so that he became a brother to Jacob. He was right with God, so that he became a brother to Jacob. He was right with God, so that he became a brother to Jacob.

6. Jacob's blessing of Esau (33:18-20). Jacob blessed Esau, and Esau blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

7. Jacob's blessing of his sons (33:21-24). Jacob blessed his sons, and they blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

8. Jacob's blessing of his grandsons (33:25-28). Jacob blessed his grandsons, and they blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

9. Jacob's blessing of his great-grandsons (33:29-32). Jacob blessed his great-grandsons, and they blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

10. Jacob's blessing of his great-great-grandsons (33:33-36). Jacob blessed his great-great-grandsons, and they blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

11. Jacob's blessing of his great-great-great-grandsons (33:37-40). Jacob blessed his great-great-great-grandsons, and they blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

12. Jacob's blessing of his great-great-great-great-grandsons (33:41-44). Jacob blessed his great-great-great-great-grandsons, and they blessed Jacob. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other. They were right with God, so that they became brothers to each other.

Had to Give Up Work

Mr. McMurray Was in a Bad Way Until He Used Doan's—He Brought a Quick Cure.

P. K. McMurray, 48 W. Hickory St., Chicago Heights, Ill., says: "I was always a strong man until I was taken with kidney trouble. I worked many years at blacksmith and this most brought the trouble on. When I stopped over there was a grinding pain in my back and I couldn't straighten up for four or five minutes. Some times it took me half an hour to put on my shoes. I got so bad, I had to lay off work for days at a time. One day I would have to get up a dozen times at night to pass the kidney. My friends, and they burned like fire. My feet swelled, and at times they burned so that I seemed to be standing on a hot stove. I had spells of gasping for breath and dizzy spells, too, and my health failed rapidly. It was told that my working days were over, but Doan's Kidney Pills were over. One box I began to feel relieved. I kept on and by the time I had used ten boxes I was absolutely cured. All pains left my back and other symptoms of kidney trouble disappeared, and I felt as well and strong as ever."

"Subscribed and sworn to before me this 17th day of Oct. 1917." DAVID H. SHAPIRO, Notary Public.

Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. FOSTER-McLEARN CO., BUFFALO, N. Y.

Get the Genuine and Avoid Waste. MORCANE'S SAPOLIO SCOURING SOAP. Economy in Every Case.

Night Photographs from Airplane. An Italian invention which permits photographs being taken at night has been submitted to the signal corps of the United States army. According to the men who control the new device, it will soon be possible to take excellent pictures of enemy positions from airplanes flying at a low height on moonlight nights. It is also claimed that the invention can be fitted to motion picture cameras, which would permit the photographing for the screen of much of the fighting in the air, the greater part of which takes place in the early morning hours. Up to the present the chief obstacle to the use of the daylight aerial photographs is that the anti-aircraft gun force, in flyers to take pictures from a great height, and much of the detail of the enemy lines is therefore lost. It is held that night flyers are in little danger from artillery when flying at night—Aviation.

UPSET STOMACH. PAPE'S DIAPESPIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't digest and you belch gas, acids and undigested food. When you feel pains of indigestion, flatulence, heartburn or headache you can get instant relief.

What ailing! Pape's Diapespin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Do not stay upset! When meals don't digest and you belch gas, acids and undigested food. When you feel pains of indigestion, flatulence, heartburn or headache you can get instant relief.

What ailing! Pape's Diapespin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Do not stay upset! When meals don't digest and you belch gas, acids and undigested food. When you feel pains of indigestion, flatulence, heartburn or headache you can get instant relief.

What ailing! Pape's Diapespin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Do not stay upset! When meals don't digest and you belch gas, acids and undigested food. When you feel pains of indigestion, flatulence, heartburn or headache you can get instant relief.

What ailing! Pape's Diapespin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Do not stay upset! When meals don't digest and you belch gas, acids and undigested food. When you feel pains of indigestion, flatulence, heartburn or headache you can get instant relief.