

DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—“Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was unable to do anything beyond giving me a cathartic. My case completely cured by Lydia E. Pinkham's Vegetable Compound before consulting a doctor. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell my friends who have any trouble of this kind to get Lydia E. Pinkham's Vegetable Compound. It has done for me.” —NELLIE B. BARTINGHAUS, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been rendered helpless by the famous remedy, Lydia E. Pinkham's Vegetable Compound, after such ailments to consider trying it before submitting to such a trying ordeal.

It is easier to find a rumor than it is to sink the truth.

"CAN I BE CURED?" SAYS THE SUFFERER

How often have you heard that and cry from the victims of disease. Perhaps the disorder has gone too far for help, but often it is just in its first stages and the pains and aches are only nature's first cries for help. Do not despair. Find out the cause and give nature all the help you can and she will repay you with health. Look after the kidneys. The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering and throwing off the waste that constantly accumulates in the system, everything goes wrong. GOLD MEDAL Hazlett Oil Capsules give almost immediate relief from kidney and bladder troubles and their kindred ailments. They will free your body from pain in short order. But be sure to get GOLD MEDAL. Look for the name on every bottle. In these days of fakes, money refunded if they do not help you.—Adv.

A man seldom regrets the things he doesn't say.

Cultura roughs and itches with hot baths of Cultura Soap and touches of Cultura Ointment. Also make use now and then of that excellent scented dusting powder, Cultura Talcum, one of the indispensable Culture Toilet Trio.—Adv.

More men are ruined by prosperity than by adversity.

INCREASE WEIGHT AND VITALITY WITH PHOSPHATE

Making Like Plain Eto-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

The average person is beginning to realize more and more that the lack of physical strength and nerve activity is usually evidenced by excessive thinness and that the only reliable method of success in life's struggle for the attainment of one's ideal is to secure a handicap in one's social aspirations. Compare the thin, scrawny frame with



As the scrawny, thin, flabby, rounded figure is most admired, the well rounded form which is usually accompanied by the bloom of health and attractiveness is most admired.

“That millions of people are conscious of this handicap is evident from the vast quantities of newspapers and magazines of many suggestions proposing various remedies for this condition. Authorities, however, agree that healthy, strong, robust body and mind, weak nerves while indicated by many of the different symptoms, more immediately and generally result from a deficiency of phosphorus, irritability, depression, etc., are usually caused by a deficiency in the healthy flesh, leaving only hollow, a neck, bony neck and scrawny arms and legs. Our bodies need more phosphate than most of them are able to extract from the foods we eat nowadays, and many scientific affirm that these nutrients, which may be taken into the human system that so effectively maintain its deficiency as the very organic phosphorus known as Eto-Phosphate and sold by good druggists everywhere.



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CHAPTER XIV. When Lost. We must have stood confronting each other for fully a minute. Then Leroux dropped his hands and smiled sadly at me.

"You seem comparatively fresh, have the advantage of me, M. Hewlett," he said. "I respect your pertinacity, and now at last I am content in having discovered the motive of your enterprise. I thought you were hired by Caroux. You may have drunk with me we might have come to an understanding long ago.

"You may leave us, Mme. d'Epermy," he said to Jacqueline. "Do not look your absence upon your feelings, for we are going to be frank in our speech."

"I thank you for your consideration, M. Leroux," replied Jacqueline, and walked quickly out of the room. "I will put down my cards," he said. "I have you here in my power. I have four men with me. This dotard"—he glanced contemptuously at old DeGarcas—"has not a cent of gold left. You can, of course, kill me; but that would not help you. Where is Louis d'Epermy?"

"I have never seen the man," I replied. "DeGarcas glanced incredulously at me. 'I don't know any one as lying to me,'" he said. "It is not to your advantage. You must have known that she was in New York; Louis might have mentioned it to you, as he has just told you. And Louis must have told you the secret of the entrance, unless—"

"Listen to me!" I cried furiously. "I will not be backed up by any more questions. I have told you the truth. I met Mme. d'Epermy by accident, and I escorted her toward the chateau and followed her after you kidnapped her, to protect her from you."

CHAPTER XV. The Old Angel. Presently the Indian touched me on the shoulder and I looked up. He had a pitiful expression of bewilderment in his eyes. "That!" he said in English. "I was too dispirited and dejected to obey him at first. But soon I managed to fall to, and I was surprised to find that he was not so far from having been right."

He give me girl to Jean Pettiveau. My gal good gal till Simon give her to Jean Pettiveau. Simon d--- bad man. He kill me one day. I had hope now, though of what I hardly knew; or perhaps it was only the desire to talk of Jacqueline and hear her name upon my lips and Pierre's.

"What I came here to save Mlle. Jacqueline," I said. "No can save him," he answered. "No can fight against Simon."

"What in the devil's name is his power?" I asked. "The diable," he replied. He may have misunderstood me, but the answer was apt. "No use fight him," he said. "All finish now. Old times, him finish, and my gal, too. Simon Pierre, him finish. No can fight Simon. Perhaps old Pierre kill him, nobody else." He looked steadily at me. "I poison him dogs," he added.

"What?" I exclaimed. "Simon had told me long ago nobody come to chateau. So you finish, too, maybe. What he tell you, you go?"

"Leroux is going to take me to Pere Antoine's cabin tomorrow morning." "Simon had told me long ago nobody come to chateau. So you finish, too, maybe. What he tell you, you go?"

CHAPTER XVI. The Old Angel. Presently the Indian touched me on the shoulder and I looked up. He had a pitiful expression of bewilderment in his eyes. "That!" he said in English.

CHAPTER XVII. Good Manners. Good manners, which give color to life, are of greater importance than laws, which are but one of their manifestations. The law never changes, and there are but numbers are about us, everywhere, pervading society like the air we breathe. Good manners, as we call them, are neither more nor less than good behavior, ending of courtesy and kindness.—Samuel Smiles.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. F. P. STEWART, D. D., Teacher of English in the Moody Bible Institute of Chicago. (Copyright, 1919, Western Newspaper Union)

LESSON FOR JULY 20 THE LORD'S SUPPER.

LESSON TEXTS.—Matt. 26:26-30; I Cor. 10:16-17. GOLDEN TEXT.—For as often as we eat this bread and drink this cup, we do show the Lord's body till he come. I Cor. 11:26. ADDITIONAL MATERIAL.—Matt. 26:26-28; I Cor. 11:26-30. PRIMARY TOPIC.—Remembering Jesus (Luke 22:19). JOURNAL TOPIC.—The Lord's Supper. SENIORS AND ADULTS TOPIC.—Common to all Christians with one another.

1. The Institution of the Lord's Supper (Matt. 26:26-28; I Cor. 11:23-26). 2. The Circumstances. In connection with the eating of the Passover. At the command of Jesus the disciples made ready the Passover; and while they were eating, Jesus took bread, blessed it and gave it to the disciples. 3. Elements. (1) The bread. This doth represent the common bread of the Passover feast. (2) The cup. This cup consisted of the fruit of the vine. 4. The Significance of the Lord's Supper (Matt. 26:28; I Cor. 11:24-26).

5. A forward look to a completed redemption (I Cor. 10:20). When faith is exercised in Christ, redemption begins, and its completion will take place at the coming of Jesus Christ (I Thes. 4:13-17). The elements of the cup constitute the keeping of the Lord until he return. These elements possess an immense psychological value both as a memorial and a prospect. 6. Obligations for participation in the Lord's Supper (I Cor. 11:27-34).

7. Church Membership (I Cor. 11:19-20). The Lord's body is not that which is composed of regenerated men and women, united to Jesus Christ as head and each other as members of that body by the Holy Spirit. 8. Orderly Walk. The disorderly should be disciplined from the Lord's table, examples of which are the following: (1) Intoxicant conduct (I Cor. 5:1-3). It is perilous to the individual who is guilty of immorality to approach the Lord's table (1 Co. 10:21). Stipulations are given for the proper participation upon such. This explains why some are mysterious taken away to death. (2) Heresy (1 Tim. 3:10; John 4:23). (3) Schismatics (Rom. 16:17). Those who are schismatics in the church should be disciplined.

Right at the Center. Our habitual thoughts and actions determine our character and they determine our position by moment. If at the center we are stayed on God the circumstances must be right.—Sampel Fallows.

Would You? Would you remain always young, and would you carry all the joy and buoyancy of youth into your mature years? Then have care concerning but and death are often passing in our thought world.—Ralph Waldo Trine.

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