

YOUNG GIRL FINDS RELIEF

Wants to Tell Other Girls All About It

Evansville, Ind.—"I am eighteen years old and have been bothered for several months with irregular periods. Every month my back would ache and I always had a cold and felt drowsy and sleepy. I work in a millinery shop and I went to work every day, but felt stupid and would have such cramps. I had seen Lydia E. Pinkham's Vegetable Compound advertised and had heard several women talk of it, so mother got me some. This Vegetable Compound is wonderful and it helped me very much so that during my periods I am not now sick or drowsy. I have told many girls about your medicine and would be glad to help anyone who is troubled with similar ailments. You may use my testimonial as you like."—STELLA LUBY, 1712 Second St., Evansville, Indiana.

Some girls lead lives of luxury, while others toil for their livelihood, but all are subject to the same physical laws and suffer in proportion to their violation. When such symptoms develop as irregularities, headaches, backaches, bearing-down sensations, and "the blues," girls should profit by Miss Luby's experience and give Lydia E. Pinkham's Vegetable Compound a trial.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. F. F. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
(C. 123, Western Newspaper Union.)

LESSON FOR AUGUST 28

FROM ASIA TO EUROPE.

LESSON TEXT.—Acts 16:1-13.
GOLDEN TEXT.—They said, believe on the Lord Jesus Christ, and thou shalt be saved, and thy house. Acts 16:31.
REFERENCE MATERIAL.—Rom. 1:16-17.

PRIMARY TOPIC.—A Wonderful Dream.
JUNIOR TOPIC.—Paul Crosses Over Into Europe.
SENIOR TOPIC.—IMMEDIATE AND SENIOR TOPIC.—Beginning Work on a New Continent.
YOUNG PEOPLE AND ADULT TOPIC.—Paul Carries the Gospel to Europe.

I. Forbidden by the Holy Spirit to Preach the Word (vv. 6-8).

Paul and Silas have been a lesson on divine guidance. The inclination of Paul and his companions was to tarry in the provinces of Asia preaching the word, but contrary to their inclination they were hurried along. They might have reasoned "What difference would it make as to where we preach, just so the Gospel is preached?" Though seemingly small, the question as to whether the Gospel should be preached among the people in the East or in the West has determined the entire history of the church. Had they preached among the people in the East, Christianity would never have become worldwide. On the other hand, by laying hold upon the Grecian intellect and combining with it the push and energy of the Romans, it became worldwide. In the guidance of the Spirit we find Him just as active and as faithful in closing doors as in opening them. "The steps as well as the steps of a good man are ordered of the Lord." We ought as truly recognize God's hand in the "shut-ins" as well as in the "openings."

II. Called to Macedonia (vv. 9-12).
A vision was given to Paul of a man from Macedonia pleading for help. This was the solution of the mystery of closed doors about them. There is a negative and a positive side to the Spirit's guidance. If we will note both we shall be able to determine with a surety the proper course of action. In order to be led right, we must be sure the way we are willing to be led, pray definitely for leading, and then render willing obedience as fast as the light comes. As soon as the divine way was known they rendered immediate obedience.

III. The First Convert in Europe (vv. 13-15).

The missionaries went to Philippi. The Jewish element in this city was very insignificant; so much so that they could not afford a synagogue; therefore the devoted people were accustomed to worship at the river side. To this humble gathering Paul came and preached to the women gathered there. A certain Lydia, a dealer in purple, believed his message, and was baptized. Lydia was a woman of wealth, culture, and wide experience, and yet she had need of Christ. The steps in Lydia's conversion are worthy of note:

1. Attendance at the place of prayer (v. 13). This is the case with most people who are saved.

2. Listened to the preaching of the word of God (vv. 13-14). The most important thing in the Holy Spirit in the conversion of sinners is the word of God. "Faith cometh by hearing, and hearing by the word of God" (Rom. 10:17).

3. Her heart was opened by the Lord (v. 14); Regeneration is a supernatural work. When the Gospel is preached the Spirit of God makes it living and active. Opening the sinner's heart for the reception of Christ. Lydia was baptized (v. 15). It is natural for the one who believes in Christ to desire to be baptized.

4. Her household also believed (v. 15). Thus we see that her's was a typical conversion.

IV. A Spirit of Devotion Cast Out (vv. 16-18).

As the missionaries went out from day to day to the place of prayer they were accompanied by a young woman possessed by a spirit of divination. She was owned by a magician of men who derived large gains from her soothsaying. This act of the woman became a great annoyance to Paul who, in the name of Jesus Christ, commanded the evil spirit to come out. Here is a case of a spiritual medium, a fortune-teller, being freed from demonic possession. Many men today are making money by the degradation of womanhood, and they resist all efforts to destroy their infernal business, even try to destroy those who interfere with their business. Here as everywhere Satan blocks the way as the Gospel of Christ is carried into new fields, but the Lord is again triumphant.

The multitude of His Mercies. For the Lord will not cast off forever, but though he chasten often, yet will he have compassion according to the multitude of his mercies. For he doth not afflict without grief to the children of men—Lamentations. 3:31-33.

Word of Lord Was Precious. And the child Samuel ministered unto the Lord before Eli. And the word of the Lord was precious in those days; there was no open vision.—1 Samuel. 3:1.

DAIRY HINTS

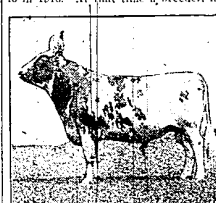
BULL ASSOCIATIONS HELPFUL

Acted as Wedge to Stimulate Dairy Interest and Promote Better Methods in South.

(Prepared by the United States Department of Agriculture.)

An example of how bull associations, organized through the help of the United States Department of Agriculture, act as a wedge to stimulate dairy interest and promote better dairy methods in a community is illustrated by the work which has been done in Spartanburg county, S. C. Five years ago little dairying was done in this county according to dairymen of the department, but now the industry is making rapid progress and up-to-date methods are being practiced largely as a result of the organization of a bull association.

The interest in dairy dairies from the beginning of the purebred bull movement in the vicinity of Campbellton in 1910. At that time a breeder, Mr.



The Best Way to Improve a Dairy Herd is by the Introduction of a Purebred Sire.

the hope of starting an interest in better stock and creating a demand for his animals, presented a purebred bull to the community. Little interest was taken, and the gift was accepted with reluctance. The community was made up of small farms and there were few cows.

Following this a dairymen's picnic and exhibition of live stock was held, and as a result of extension work carried on by the dairy division of the department in co-operation with Clemson Agricultural college more people became interested and bought cows. In 1917 a co-operative bull association was organized, from which developed a live stock show, and the members of the association developed a keen interest in comparing the dairy animals they raised.

Another show was held in 1920, at which prizes, offered by merchants and bankers consisting of cash, merchandise, and savings accounts were awarded. One of the features of the show was a program of short talks on local problems by the county agent, leading farmers, and representatives of the commercial club and the State Jersey Breeders' association. As an extension of the interest that was aroused those attending the show voted unanimously to hold a community fair next fall, to include not only dairy stock but other agricultural products.

SPRAY TO KEEP FLIES AWAY

Best Time to Apply Repellent is in Morning After Milking or Early in Afternoon.

To keep cows quiet and contented they should be sprayed to keep flies off. A good time to spray is after milking in the morning and before milking time in the afternoon.

With a portable cart, made from a half barrel by attaching wheels and a spray pump and nozzle, two men can spray 40 cows in five minutes. Thirty gallons of mixture will spray 40 cows twice a day for 10 days.

Formula: 4½ quarts of kerosene, 4½ quarts fish oil, 3 quarts cod oil, 3 quarts whale oil and 1½ quarts oil of tar. Dissolve 3 pounds laundry soap in water, add the above ingredients and being the whole up to 50 gallons with lukewarm soft water.

PUREBREDS REPLACE SCRUBS

Nothing but Registered Sires Being Used at the Louisiana State Normal School.

"Within the past two days we have sold to the butcher five scrub cows. We are now keeping only high grades and purebreds." With this explanation an official of the Louisiana State Normal School at Natchitoches, parish, enrolled in the "Better Sires, Better Stock" movement conducted by the United States Department of Agriculture and the various states. All the live stock on the school farm, which includes cattle, swine and poultry, are being bred only to purebred sires.

BEST TIME TO SELECT CALF

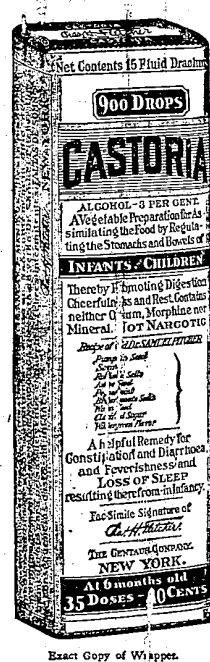
If Dam is Wide, Deep-Bodied Cow Giving Liberal Supply of Milk Useful Animal Is Assured.

The best time to select a cow is at a few months of age, when it may be seen with its mother, or, at any rate, before it is weaned. Observe the calf's mother. If she is a wide, deep-bodied cow with plenty of size and is giving a liberal supply of milk, you may be reasonably sure that the calf, if it is a good bull and properly cared for, will grow into a useful breeding animal.

Making History.

INFANT MORTALITY in past ages has been something frightful, something almost beyond belief, and even today it occupies the time and the mind of leading physicians in all countries. The death rate among infants is being gradually reduced through new methods of hygiene, new preventatives and new remedies for infants. This reduction in the death rate has NOT been accomplished by adapting the precautions taken and remedies used by adults. Rather has it been to keep clear of the old methods, and choose after long research the precautions and remedies specifically applicable to infants.

This being so, is it necessary for us to caution mothers against trying to give her baby relief with a remedy that she would use for herself? Will she remember that Fletcher's Castoria is strictly a remedy for infants and children?



Children Cry For Fletcher's



Of Course You Love Your Baby.

You love it because of its very helplessness, because it can't tell you what is the matter when it feels bad. It can only cry and look to you for help. But the more you love baby, the more you want to help baby, the more you ought to realize what a wonderful remedy Fletcher's Castoria is. It has been used for babies' ailments for over thirty years.

An experienced doctor discovered Fletcher's Castoria especially for babies' use. It is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. Doctors who know what is safe and best for babies have only good to say of it.

Don't neglect your baby. Get a bottle of Fletcher's Castoria and give baby a few doses of it. See how the little one smiles at you as if trying to thank you for helping it. Soon you will learn to depend on Fletcher's Castoria, made just for Infants and Children, and of course you would not think of using anything for them that was not prepared especially for Infants and Children. So keep it in the house.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

THE CENTAUR COMPANY, NEW YORK CITY.

NOT UNTOUCHED BY SORROW ALL PAID TRIBUTE TO GUEST

Teacher Entirely Mistaken If She Imagined Small Girl Had Never Experienced Suffering.

Emily Margaret, a six-year-old Columbus girl, has straight blond hair. This is a source of much distress to Emily Margaret, as she is not too young to appreciate the advantage of curly hair, and she particularly admires black hair. She was at Sunday school recently, and the teacher was telling of the terrible plight of the children of the war-torn countries. By the way of implanting a proper appreciation of their blessings in the midst of the other talk, the teacher called their attention to the contrast between their own condition and that of the unfortunate youngsters overseas.

"Why," she concluded, "you little ones have no idea of what sorrow means." Emily Margaret was impressed, but she could not let the statement go unchallenged. She addressed the teacher thus: "Miss Blank, I'm awfully sorry for them, but all the same I do know what sorrow means. Every time I see a little girl with dark curly hair I have to shut my eyes to keep from crying."—Indianapolis News.

Canadian Fisheries Rich. Last year the fish products of her two coasts netted to Canada the sum of \$20,157,644. The industry gives employment to between 50,000 and 100,000 workers, of whom about 70,000 are engaged in the sea fisheries, about 10,000 in the fresh water fisheries, and the remainder in canning, curing and otherwise preparing the product for the market.

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Maximum nourishment with no burden to the digestion is secured from this famous food—Grape-Nuts.
The nutriment of wheat and malted barley, from which Grape-Nuts is made, builds strength and vigor—and delights the taste.
"There's a Reason" for Grape-Nuts
Sold by all grocers

Uncertainty of a Certain Game.

Two sweet young things sat in the grandstand at the baseball game. They were interested in almost everything but the game itself. Finally one of them observed: "I don't care a lot for baseball." "Nor I either," the other one joined in. "I'd rather read a book or a story or go to the movies. But an old ball game. You never know how it's going to turn out."

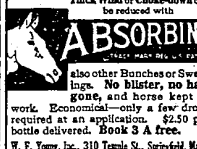
Sound Traveler Far at Night. On calm nights the range of audibility of a sound is sometimes from ten to twenty times as great as it is during the day.

Sure Relief



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that make horse wheeze, roar, have Thick Wind or Choke-down can be reduced with



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Cap or fringe shape nets in light, medium and dark brown, black, blonde and auburn of real human hair made in U. S. A. Send \$1.00 currency, check or money order to

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VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking



The world's standard remedy for these troubles will often ward off these diseases and strengthen the body against further attacks. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

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Conservation.

"What is Canada doing? What are Canadians doing to stop this fearful waste of our country's precious lumber?" cried the fervent orator. "Is there one Canadian here who can truthfully tell me he is doing anything at all to save our forests from depletion?"

Gravely the little man in the front row rose with uplifted hand. "What! Is there actually one?" exclaimed the orator, "and what, may I ask, are you doing to save our lumber?"

"I," said the little man solemnly, "always use a toothpick twice."—Toronto Telegram.

Facilitated Melting of Snow.

Automobile highways which cross the Sierra Nevada mountains of California are usually closed to traffic as late as June on account of the slow melting of the deep snow which covers the higher levels. In order to accelerate the melting of the snow, and thus to expedite the opening of the highways, the experiment was made this spring of scattering black soil and ashes on snow which covered the highways. As a result of the increased absorption of solar heat the snow melted rapidly, and the roads were opened several weeks earlier than would otherwise have obtained.

Jury Duty.

"Court procedure is very dull." "Yes, they offer very little to interest a tired business man."

Do you know you can roll 50 good cigarettes for 10cts from one bag of

