Proverbs and Phrases es by talking of it.-Irish. ry one knows best where his shoe pinches.—German. wise man should not trust him-

too near the precipice.-Cicero. man who trims his sails to every breeze, may be pretty acbut doesn't get anywhere. e man who makes a great deal

is failures doesn't make much of

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enders of this paper will be pleased to at there is at least one dreaded dis-at science has been able to cure in all t science has been able to cure in all and that is Catarrh. Hall's Catarrh he only positive cure now known to cal fraternity. Catarrh being a constitutional lail's Catarrh Cure is taken intering directly upon the blood and municipal assisting nature in doing its carength by building up the constitutions of the disease, and giving the constitution of the state of the state of the constitution of the disease, and giving the constitution of the state of the constitution of th s Family Pills for constipation,

Here and There.

...-is a smooth tongue without sting behind .- Irish. Politeness is the essence of refined

Better a master be feared than depised .- Dutch.

A good and faithful judge prefers the honest to the expedient.—Horace.

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Hole in Fence, Girl Gone.

A good joke is told on one of our of rthe-river neighbors, who several years ago had a family of good looking daughters, who were smart and good workers. They, of course, grew up and the boys, as is natural, took a fancy for them and wanted to marry them, but the old gentleman for some reason (perhaps best known to himself) objected and used every precaution to prevent any of them from marrying, and especialy one young fellow, who was distasteful to the old man. As time passed on this young fellow and his girl went on with their courting unbeknowing to old man. He had the house surrounded with a strong paling fence and there was no means of ingress or agress, except through the gate. which he kept pretty well guarded both night and day. They knew they would have to run away if they got married. So one mourning he awoke to find a hole in an unguarded part of the fence and his girl was goneor wish. He was at his wit's end. None of the family claimed any knowledge of the elopement, but the old man thought differently. Turning to his other girls, whom he suspected would soon follow suit, he said: "If you want to go, go now while the way is open."—Gaffney (S. C.) Ledger. So. 9-'09.

## PRIZE FOOD Palatable, Economical, Nourishing.

A Nebr. woman has outlined the prize food in a few words, and that from personal experience. She writes: "After our long experience with Grape-Nuts, I cannot say enough in its favor. We have used this food almost continually for seven years.

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Ever read the above letter? A new appears from time to time. They genuine, true, and full of human

ALCOHOLD BEING

## The Sunday-School

INTERNATIONAL LESSON COM-MENTS FOR FEBRUARY 28.

Subject: The Gospel in Samaria, Acts S:4-25-Golden Text, Acts S:6 -Commit Verses 14, 15-Commentary on the Lesson.

TIME.-35-37 A. D. PLACE.-

EXPOSITION.—I. Eaptized With the Holy Ghost as Well as With Wat-er, 14-17. The apostles gladly re-ceived the intelligence that the despised Samaritans had received the Word of God. They sent their very Word of God. They sent their very best men to foster the work. Peter and John on their arrival found that none of the converts had received the Holy Spirit. Certainly among this company of baptized believers there were some regenerate persons, but we are distinctly told that "as yet the Holy Spirit had fallen upon none of them." They were precisely in the position of many in the caurch to-day. They had believed the truth concerning the kingdom of God and the name of Jesus Christ, and had been baptized, but they had not re-ceived the Holy Spirit as a distinct and definite personal experience. So important did the apostles regard it that believers should receive the Holy Spirit that the first thing they attended to was this. They evidently thought that the way to obtain the Holy Spirit was by prayer (v. 15; cf. Luke 11.13). It was now years after Pentecost, and still we find the apos-tles praying for the Holy Ghost. We tles praying for the Holy Ghost. We cannot improve upon their method. The reception of the Holy Spirit by these Samaritan converts was something so very definite and marked that Since Provided in the Samaritan converts. that Simon saw it. It has been argued from the fact that the apostles laid their hands upon them that the Holy Ghost can only be given by the laying on of an apostle's hands, and "as the apostles are no longer with us the gift of the Holy Ghost is not for to-day." This is strange logic and contradicts plain Scripture teaching, for it was not an apostle, but merely "a certain disciple," who laid merely "a certain disciple," who laid hands on Saul when he received the Holy Ghost (Acts 9:10, 11). The household of Cornelius received the Holy Ghost without the laying on of any one's hands (ch. 10:44). The Samaritan believers did not have to spend weeks "waiting for their Received." spend weeks "waiting for their Pentecost." It came the moment the conditions were fulfilled. It was so everywhere in Acts after Acts 2:1.

II. Baptized With Water, but Unregenerate, 18-25. Simon desired to

regenerate, 18-25. Simon desired to buy the power of imparting the Holy Spirit. His heart was so theroughly corrupt with selfishness and ousness that he would turn God's gift into a way of unholy gain. This brought a stern rebuke and awful warning. It is all very golemn. Are there not to-day those who are longing and praying for the baptism with the Holy Spirit for their same the Holy Spirit for their own aggran-dizement or gain? An evangelist once spoke on the baptism with once spoke on the baptism with the Holy Spirit. A pastor as he walked home with him said, "That is just what I need. I must have the baptism with the Holy Spirit. I am now getting \$1200 a year. If I had this baptism with the Holy Spirit I believe I could get \$1500." That was frightful, but this pastor only put into plain words what many another has dimly felt and for this reason has longed and prayed for the gift. Let all such ponder the solemn words in vs. 20-23. Such a view of the matter reveals an irreverence toward God and a seifishness so profound as to make pardon almost impossible (v. 22). The one who thinks that God's gifts can be purchased with money does not know God nor the methods of His grace. All of God's gifts are gifts indeed. They are not to be purchased, but received (Is. 55:1; Rom. 6:23; Eph. 2:8; Rom. 11:6). Simon had believed Philin's doctrine and had been baptized with water (v. 13), but he was an unregenerate man, his heart was not right in the sight of God, and he had no part nor lot in this matter. The only one who has part or lot in the matter of the gift of the Holy Ghost is the one whose heart is right in the sight of God (cf. Heb. 1:9; Acts 5:32). It matters little whether our hearts are right in the sight of man, the question is, are our hearts right in the sight of God. our nearts right in the sight of God. We need forgiveness not only for our outward acts, but also for the thoughts of our heart. Simon was in the visible church, but nevertheless he was "in the gall of bitterness and the bond of iniquity." There is no gall so hitter as the gall of significant with the sight of the significant si gall so bitter as the gall of sin. There is no bond so strong as the bond of iniquity (John 8:34). Simon did not want to draw near to God himself, so Asked Peter to pray to the Loru for him. He does not appear to have been so sorry for his sin as he was frightened at the possible penalty. According to tradition Simon did not repent, but hecame an enemy to the Gospel. The asked Peter to pray to the Lord for him. became an enemy to the Gospel. The apostles did two things—they testiaposties did two things—they testi-fied of what they themselves knew of the Lord (cf. Luke 24:48: Acts 1:8) and "preached the Word of the Lord." The word translated "preach" means "spoke." They did not preach ser-mons, but just talked the Word of the Lord. the Jord. Notice carefully what it was they talked, not their own ideas, but the Word of the Lord. On their way back home they took opportunity of declaring the good tidings in the villages of the Samaritans through which they passed. Their prejudices were breaking down rapidly. Their method of preaching is worthy of imitation, just talking the Word of the Lord and declaring the Cospel (the

Once the people of our cities thoroughly understand, claims the Baltimore News, that consumption cannot live in fresh air, that its deadliest enemies are sunlight and cleanliness; that no person is immune to the disease, but that nobody need succumb to it-when this knowledge is driven home by health officers, city authorities and slum workers, the good results that will follow should prove of enormous advantage.

good news).

The dark waters of the trout stream purred pleasantly in the fast fading light. The City Fisherman stopped and prepared to take down his up-to-date tackle after a full day of sport. As he carefully unjointed his imported greenhart rod the gravel crunched behind him. Turning quickly he gave an involuntary jump and a gasp which almost his heart stop beating-it probably would have stopped but for the stimulant taken but a minute before-for before him stood the proverbial Farmer Boy. The lad carried a bright tin can of wiggling angle worms, a cut pole and was clad in the regulation torn overalls, checkered shirt and battered straw hat. "Want to buy some fish?" asked the Farmer Boy, in a careless way, as though certain of a customer, display-

At Last!

ing, the while, a long string of fish. "No-o-o, N-o, my son," stammered the City Fisherman with an effort and pinching himself to make sure it was all true. "No. I do not want to purchase any chubs and suckers today, because I have my ten-pound basket full of fine book trout." And it was even as he said!-Don Cameron Shafer, in The Bohemian Magazine for February.

Scdium Benzoate Harmless.

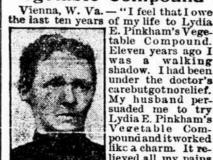
Washington, Special.-That benzoate of soda used as a food preservative is not injurious to health is the judgment of the referee board of consulting experts, of which Dr. Ira Remsen, president of Johns Hopkins University, is chairman. This conclusion, which has been approved by Secretary Wilson, reverses the find-ings of Dr. H. W. Wiley, chief of the bureau of chemistry. Three separate investigations were made by the board, which, it is said, were in close agreement in all essential features. The conclusion reached by the referee board declare that the admixture of sodium benzoate with food in small of large doses has not been found to injure, affect or impair th quality or nutritive value of such

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Of kindness and of love.

-Wordsworth. His little nameless unremembered acts

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women to take Lydia E. Pinkham's Vegetable Compound."—Mrs. Emma WHEATON, Vienna, W. Va. Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases of any similar medicine in the country, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of

female complaints, inflammation, ul-ceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every such suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial. If you would like special advice

about your case write a confiden-tial letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

The beginning is half the whole. -Hesiod. So.-9-'09.

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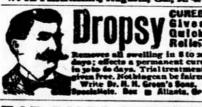
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