

Indigestion May Be Due to Constipation

Neglect of Important Function May Seriously Impair the Health.

There are many people who believe they suffer from indigestion when their discomfort really is due to a constipated condition.

Bloat, with its attendant mental depression, sick-headache, the belching of sour stomach gases, etc., are frequently due to inaction of the bowels. Relieve the congestion and the trouble usually disappears. The use of cathartics and purgatives should be avoided, however; these shock the system unnecessarily and, at best, their effect is but temporary. A mild laxative is far preferable.

The compound of simple laxative herbs known as Dr. Caldwell's Syrup Pepsin and sold in drug stores for fifty cents a bottle, is highly recommended. Mr. Benj. Bassin, 360 Madison St., Gary, Ind., thinks Dr. Caldwell's Syrup Pepsin a wonderful medicine; for four years he had a severe case of indigestion and constipation before trying Dr. Caldwell's Syrup Pepsin, which he is glad to recommend to all who suffer



BENJ. BASSIN.

with stomach and bowel trouble. A bottle of Dr. Caldwell's Syrup Pepsin should be in every home for use when occasion arises. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill.

When a man pays compliments he is never forced to eat his words.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

Common Sense. "Darling, fly with me." "Stay down on earth, Freddie, and I'll consider your proposal."

RHEUMACIDE FOR RHEUMATISM. A few people still imagine that Rheumatism can be cured by outward applications, but the best medical science today recognizes the necessity of internal treatment to eliminate excess uric acid and Rheumacide does this. Your druggist keeps it.—Adv.

Cause and Supply. "What a fire-eater Jiggins is!" "Yes; accounts for his constant supply of hot air."

Eczema Seven Years—Cured by Tetterine. "I had Eczema on my chest for seven years and the torture was almost unbearable. One of your salesmen offered to pay for the Tetterine if it did not cure me. I used less than three boxes and am entirely well." Clem Knard, Ruffin, S. C. Tetterine cures Eczema, Itching Piles, Dandruff, Ring Worm and every form of Scalp and Skin Disease. Tetterine 50c. Tetterine Soap 25c. Your druggist, or by mail from the manufacturer, The Shuptrine Co., Savannah, Ga. With every mail order for Tetterine we give a box of Shuptrine's 10c Liver Pills free. Adv.

Editorial Confession. "Better interview this Lady Eglantine," suggested the managing editor of the New York Daily Squash. "Why, she's a hen. A hen can't do anything but cackle." "Well, we've printed worse interviews. Go ahead."

RELIEF HAS BEEN PERMANENT

Says Cardui Built Up System When Other Medicines Failed. Believes It Saved Her Life.

Hendersonville, N. C.—Mrs. M. A. Redmon, of R. F. D. 1, this place, writes: "I wish to state that before having taken Cardui, my condition of health was all run-down, and had been that way ever since my marriage two years ago last May. I only weighed 107 pounds. My average weight is 135 pounds. I had such awful pains at times, I could hardly go. I had severe pains in my back and abdomen, and could scarcely do my work. I could not lift anything heavy."

"In November, 1913, I began taking Cardui. I thought I would give it a trial though my family doctor, had set the date for an examination of me. I saw my improvement after taking the first bottle. I am getting fat and well, and in March this year I weighed 128 pounds. Your Cardui tonic built up my system when all other medicines failed. I feel and look like a different person. I am still praising it to my friends. For I can truly say I believe it saved my life. My relief from all pain has been permanent."

If you are run-down in health and need a tonic, take Cardui, the woman's tonic. It will help you. For sale by all druggists.

The prince of Wales has been initiated into the craft of Masonry.

INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of Sunday School Course of the Moody Bible Institute, Chicago. (Copyright, 1916, Western Newspaper Union.)

LESSON FOR APRIL 9

AENEAS AND DORCAS.

LESSON TEXT—Acts 9:32-43. (See also Prov. 31:10-31.) GOLDEN TEXT—In all things showing thyself an ensample of good works.—Titus 2:7.

Step by step the Gospel can be traced, spreading itself, but "beginning at Jerusalem." Paul's conversion is one of the greatest evidences of Christianity. The two miracles of today's lesson are additional evidence that it is of God.

I. At Lydda (vs. 32-35). Caligula, emperor of Rome in A. D. 39, ordered his statue to be erected in Jerusalem that he might be worshipped as a god there as elsewhere. The excitement and conflict which arose in opposition to this sacrilege lasted for two years, during which time Christian persecutions ceased. Following Saul's visit at Jerusalem, and during this time of quiet, Peter made this tour of visitation. Lydda (modern Ludd) is about twenty-five miles northwest of Jerusalem. Here dwelt certain saints (v. 32) literally "holy ones," converted disciples of Christ, not ones of special honor, for all who are members of the body of Christ, are "saints" (Phil. 1:1). Here also dwelt Aeneas, "a certain man," possibly not a believer, but having great need (v. 26:3:2; 10:1, 14:8; 9:10), and of years standing (v. 33). Notice Luke, the physician's careful record. Peter must have seen many such, yet this man is one Peter "found"; he was evidently looking for him. Peter's pity was not sentimental but practical and his words powerful, for back of them was the Living and Powerful Christ. He knew who could work a cure. The long weariness is to be relieved. Yet those days of illness gave time for meditation and probably prepared the man's heart to respond in faith to Peter's words. Peter does not attract attention to himself, but rather to Jesus. His was to be the instrument of the cure. The healing was a means to an end, for when those who dwell in Lydda and Sharon (v. 35) heard of the miracle, or saw "this healed man, it was to them a demonstration of the power of the risen Christ, and they 'turned to the Lord' (v. 35). There is no comparing Peter with modern "healers." Peter's words and actions were a living demonstration, not for profit, of the power of Jesus in his life and testimony.

II. At Joppa (vs. 36:43). Joppa was the only seaport the Jews ever possessed for themselves. It was and is still a rather insignificant town, and now marks the beginning of the railroad leading to Jerusalem, 35 miles distant. No name is recorded of any of its rich or prominent citizens, only that of an humble woman. The record of her life, however, is inspiring (v. 36), and her name is a common one adopted by organizations of women. Like her master her life was full of "good deeds"; like him she was not ministered unto, but ministered. This is real greatness and it is open to all of us. Her name "Tabitha" (Hebrew), Dorcas (Greek), means gazelle; which in the East is a favorite type of beauty. This "certain disciple" was "beautiful in life as well, for she was first a believer, then a doer. We believe in order to do, not do in order to believe." This woman is an example of the wise and capable woman mentioned in Prov. 31:10-31, a picture well worth studying in these days of the "feminist movement." She is a good type to be followed by church women, and by us all in the fact that her reputation rested upon deeds "which she did" (v. 36), not ones she was about to do, nor did she wait for some great opportunity of service. The life of Dorcas reveals one of the causes of the triumph of Christianity in the Roman empire. It was a source of wonder that those early Christians should so love each other. The reason why Dorcas was allowed to die lies in the providence of God. He loved his work and this recorded incident has served to raise up multitudes of other Dorcases. Her death also reveals that being "full of good works and alms deeds" does not exempt his servants from sickness and death, and that God evidently has other purposes in sickness than to chastise our sin or to humble our pride (John 9:3, II Kings 13:14). The friends of Dorcas were folks of faith, for as yet there was no case of apostolic power to raise the dead so far as we know, and it was now about ten years after the resurrection of Christ. Peter followed the example of his Lord (Luke 8:2, 64), dismissed all spectators and "prayed" (v. 40). The way to revive a dead pastor, church, school, personal experience, or person "dead in trespasses and sins," is by prayer. Peter also did as he had seen his Master do to his mother-in-law (Mark 1:30, 31), and gave Dorcas his hand to help her arise.

This gave an opportunity for fruitful work among the converts (v. 41) and the enlistment of many new believers (v. 42), so that Peter abode in Joppa for some time in the house of "Simon, a tanner."

STOP CALOMEL! TAKE DODSON'S LIVER TONE

New Discovery! Takes Place of Dangerous Calomel—It Puts Your Liver To Work Without Making You Sick—Eat Anything—It Can Not Salivate—Don't Lose a Day's Work!

I discovered a vegetable compound that does the work of dangerous, sickening calomel and I want every reader of this paper to try a bottle and if it doesn't straighten you up better and quicker than salivating calomel just go back to the store and get your money.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your thirty feet of bowels of the sour bile and constipation poison which is clogging your system and making you feel miserable.

I guarantee that one spoonful of this harmless liquid liver medicine will relieve the headache, biliousness, coated tongue, ague, malaria, sour stomach or any other distress caused by a torpid liver as quickly as a dose of vile, nauseating calomel, besides it will not make you sick or keep you from

a day's work. I want to see a bottle of this wonderful liver medicine in every home here.

Calomel is poison—it's mercury—it attacks the bones, often causing rheumatism. Calomel is dangerous. It sickens—while my Dodson's Liver Tone is safe, pleasant and harmless. Eat anything afterwards, because it can not salivate. Give it to the children because it doesn't upset the stomach or shock the liver. Take a spoonful tonight and wake up feeling fine and ready for a full day's work.

Get a bottle! Try it! If it doesn't do exactly what I say, tell your dealer to hand your money back. Every druggist and store keeper here knows me and knows of my wonderful discovery of a vegetable medicine that takes the place of dangerous calomel.

In the Trenches. Gaston—Mon dieu! and what shall we do if the water freezes? Sandy—Sit down, ye fool!—Lampoon.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Vassar Students Work.

Recent reports at Vassar college show that fifty students are working their way through college, and that 96 of them have earned some money for that purpose. Two girls earned \$175 and \$190 running a book and furniture exchange. Tutoring at 75 cents an hour is another good source of income. Some of the girls work in the candy kitchen and at other occupations of the kind.

STOP SCRATCHING! RESINOL RELIEVES ITCHING INSTANTLY

That itching, burning skin-trouble which keeps you scratching and digging, is a source of disgust to others, as well as of torment to you. Why don't you get rid of it by using Resinol Ointment? Physicians have prescribed it for over 20 years. In most cases, it stops itching instantly and heals eruptions promptly. It is very easy and economical to use. Sold by all druggists.—Adv.

String Made From Paper.

An enterprising engineering firm appears now, after a number of experiments, to have succeeded in manufacturing string from paper. In appearance the new string is exactly similar to the genuine article, and stout enough for tying parcels of quite a fair size. According to a prominent wholesale stationer the usual kinds of string and twine are now practically unobtainable, and as this new paper string can be sold for less than the real article is at present fetching, it bids fair to come into general use. It may be added that this string is used extensively at Woolwich arsenal.

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys If Bladder Bothers You Meat Forms Uric Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

French soldiers at the front are allowed one pint of wine a day.

Policewomen Prove Practical.

London policewomen have justified their "unfeminine" undertaking by the convincing means of real service. According to a London dispatch, England, after a six months' trial, is really beginning to like them, though at first there was violent opposition to the enterprise. Incidentally, these new public servants are winning favor, not so much by force as by tact and persuasive powers. They have been especially successful in quieting panic-stricken crowds during Zeppelin raids, in dealing with drunken and fighting soldiers, and in calming excited women and children in the streets.

RECEIPT FOR DARKENING GRAY HAIR WITHOUT DYES.

Apply like a shampoo to your hair and scalp Q-Ban Hair Color Restorer. Do this every day for a week then three times a week. In a short time all your gray, faded, prematurely gray or gray-streaked hair turns an even beautiful dark shade with not even a trace of gray showing. Q-Ban makes scalp and hair healthy, leaving all your hair fluffy, soft, thick and beautifully dark and lustrous. Q-Ban is not a dye, is harmless, and is sold on a money back guarantee by drug stores, big bottle 50c or sent prepaid by Q-Ban, Front St., Memphis, Tenn.—Adv.

A young widow knows that the easiest way to catch a successor to the late lamented is to run away from him. Fifty vocations are taught in the United States navy.

Bad Lookout.

"I have just been persuaded to invest in an elevator enterprise." "That's bad; it is sure to go up."

The annual mineral output of British Columbia aggregates about \$30,000,000.

Stop That Ache!

Don't worry about a bad back. Get rid of it. Probably your kidneys are out of order. Resume sensible habits and help the kidneys. Then, kidney backache will go; also the dizzy spells, lameness, stiffness, tired feelings, nervousness, rheumatic pains and bladder troubles. Use Doan's Kidney Pills. Thousands recommend them.

A South Carolina Case

Mrs. L. F. Taylor, Ford St., Mullins, S. C., says: "My back ached and pained right across my kidneys. The secretions from my kidneys passed irregularly and contained sediment. I had attacks of kidney colic and suffered a wfuly. Friends recommended Doan's Kidney Pills and I used some. They relieved all symptoms of kidney trouble and I am glad to recommend them."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

ATTENTION—Men, women, I'll pay you \$3 daily writing at home, spare time. I mean business. Send 5c for material and detailed instructions. Johnson, 310 Courtland, Toledo, O.

Ozark Mothers Used To Be Afraid To Go To Bed At Night

Now Sleep Soundly Since They Have Found a Sure Preventive For Croup.

Many mothers, besides those of Ozark, Mo., have been afraid to sleep at night for fear of being awakened by that dread croupy cough. Mrs. H. H. Givan and Mrs. J. J. Cave, both of Ozark, have found, in common with many other Missouri mothers, that a jar of Vap-O-Rub in the house insures a good night's sleep.

Vap-O-Rub is the external treatment for all forms of croup or cold troubles, introduced here from the South last winter. It is in salve form and you just rub it over the throat and chest, covering with a warm flannel cloth. The body warmth releases antiseptic vapors that are inhaled with each breath, loosening the phlegm, and, in addition, Viek's is absorbed through and stimulates the skin, relieving the tightness and soreness. Croup is usually relieved in fifteen minutes, and a

good application at night will, in almost every case, prevent a night attack.

But let Mrs. Givan speak for herself. She writes—"I have used Vick's Vap-O-Rub on my little girl for croup. I rubbed it on her chest and throat and it is just splendid, and I wasn't afraid to go to bed at night."

Mrs. Cave says—"I find Vap-O-Rub the best thing I have ever used for colds, sore throat, croup and all kinds of skin troubles for children. I could not do without it now, as it saves calling a doctor."

The penetrative quality of Vick's makes it excellent also for inflammations of the skin, such as burns, bruises, itchings, piles and muscular soreness. In these cases, particularly in cases of burns, it seems to draw lightly the inflammation and has a delightfully cooling effect. Three sizes, 25c, 50c or \$1.00. The Vick Chemical Company, Greensboro, N. C.



He Threw Calomel Away

Wm. S. Prince of Birmingham, Ala., writes—"I was suffering with indigestion, biliousness and kidney trouble. I tried calomel and the doctors, for about a month. Finally I tried

Dr. Thacher's Liver and Blood Syrup

and the first bottle relieved me very much. I am sound and well, can eat anything." Thousands of others suffering from liver, kidney, stomach and bowel trouble have been quickly relieved by this wonderful remedy which builds up the entire system. Sold at all druggists, 50c and \$1 per bottle. Made by THACHER MEDICINE COMPANY, Chattanooga, Tenn.

TRY THE OLD RELIABLE

WINTERSMITH'S CHILL TONIC

For MALARIA CHILLS & FEVERS A FINE GENERAL STRENGTHENING TONIC

KODAKS & SUPPLIES We also do highest class of finishing Prices and Catalogue upon request S. Galati Optical Co., Richmond, Va.

Wanted! You take no risk when buying:

STEWART'S WASHING CRYSTAL

Best by actual test. Discards washboards, saves time and money, housewives happy, simply amazing at results. Chief ingredient used guaranteed under-ware food and drug act. no acids, positively harmless to clothes. Absolutely supreme. Gigantic success! When a great credit business, make big money. Under-lease proof. Stewart Co., Deak, G. Findlay, Co.

POSITIVE WAYS to secure the position you want. Write for complete 2c stamp brings particulars free. J. Atkey, Reno, Va.

ASK US, CHARLOTTE, NO. 15-1916

Sold Under a Binding Guarantee
Money Back If It Fails
For Man or Beast

HANFORD'S Balsam of Myrrh ALINMENT

For Cuts, Burns, Bruises, Sprains, Strains, Stiff Neck, Chilblains, Lambe Back, Old Sores, Open Wounds, and all External Injuries. Made Since 1846. Ask Anybody About It.

All Dealers OR WRITE G. C. Hanford Mfg. Co., SYRACUSE, N. Y.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure. CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely and gently on the liver.



Small Dose, Small Price. Genuine must bear Signature.

Relieves Neuralgia

Nothing gives such quick relief from neuralgia, sciatica or rheumatism as Yager's Liniment. It stops pain and allays the inflammation instantly.

YAGER'S LINIMENT

The great external pain alligator. TESTIMONY: Mrs. Mary S. Peterson, 605 E. Ave. S. E., Washington, D. C. "I have been using Yager's Liniment and have found it gives great relief from pain." At all dealers—An eight ounce bottle for 25c. Prepared by GILBERT BROS. & CO., Inc., Baltimore, Md.

Sudden Death

Caused by Disease of the Kidneys. The close connection between the heart and the kidneys is well known nowadays. When kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uric acid poisoning occurs and the person dies, and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anuric"—the latest discovery of Dr. Pierce. When you suffer from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, get "Anuric" at the druggist. It's 37 times more potent than lithia. It resolves uric acid as hot water does

After Grip Then—Spring Fever?

This is the time of year to look out for trouble! We feel weak—our blood seems hot—no appetite.—It's time to clean house! This is when the blood is clogged and we suffer from what is commonly called a cold.

Dr. Pierce's Golden Medical Discovery purifies the blood and entirely eradicates the poisons that breed and feed disease. Pure blood is essential to good health. The weak, run-down, debilitated condition which so many people experience is commonly the effect of impure blood. "Medical Discovery" not only cleanses the blood of impurities, but increases the activity of the blood-making glands, and enriches the body with pure, rich blood.