

Spring Colds Are the Worst

They lead to catarrh and pneumonia. They weaken the entire system and leave it unable to resist the sudden changes. They interfere with your digestion and lessen your activity. Neglected they soon become that dread disease known as systemic catarrh. Don't neglect them. It's costly as well as dangerous.

PERUNA Will Safeguard You

Have a box of Peruna Tablets with you for the sudden cold or exposure. Tone your system up with a regular course of the liquid Peruna, fortify it against colds, get your digestion up to normal, take care of yourself, and avoid danger. If you are suffering now begin the treatment at once. Give Nature the help she needs to throw off the catarrhal inflammation, and again become well.

Peruna has been helping people for 44 years. Thousands of homes rely on it for coughs, colds and indigestion. It's a good tonic for the weak, as well.

The Peruna Company Columbus, Ohio

WHAT DID SHE DO?



MARY JOHNSON'S HAIR Was Short and Kinky Now its Long and Fluffy She Used

NOAH'S HAIR DRESSING Price 45c. If your dealer can't supply you send to us. Refuse substitutes. Manufactured by NOAH PRODUCTS CORP., RICHMOND, VA.

Rheumacide

GETS AT THE JOINTS FROM THE INSIDE

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system. "RHEUMACIDE ON THE INSIDE PUTS THE BURDEN ON THE OUTSIDE" At All Druggists Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

ABSORBINE

Reduces Bursal Enlargements, Thickened Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, always pain. Does not blister, remove the hair or lay up the horse. \$2.50 a bottle at druggists or delivered. Book 1 R free.

ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. \$1.25 a bottle at druggists or postpaid. Will tell you more if you write. Made in the U. S. A. by W. F. YOUNG, P. O. F., 310 Temple St., Springfield, Mass.

STIEFF

THE SOUTH'S MOST POPULAR

PIANO

WRITE FOR CATALOG AND PRICE LIST M. D. MANNING, Manager WAREHOUSES: 219 SOUTH TRYON ST. CHARLOTTE, N. C.

FROST PROOF CABBAGE PLANTS

By express, buyer paying charges.

500, \$1.25	POST PAID
1,000, 2.50	f. o. b.
5,000 at 1.75	here
10,000 at 1.50	1,000, \$2.50

Sweet Potato Plants—Nancy Halls and Porto Bicas 1,000 to 5,000 at \$2.00 f. o. b. 100, 40c 10,000 up at 1.75 here 1,000, \$2.75

PEPPER PLANTS—April 1st delivery Livingston Beauty, Sarilana and Stone 1,000, \$1.25 5,000 at 1.00 10,000 at 1.25

Pepper Plants, Ruby King—May 1st delivery Egg Plants, N. Y. Improved. 1,000, \$1.25 5,000 at 1.00 10,000 at 1.25

D. F. JAMISON, SUMMERVILLE, S. C.

Heal Skin Troubles

That Itch and Burn with Cuticura.

The Soap to cleanse and purify, the Ointment to soothe and heal. Everywhere Soap 25c Ointment 25c 50c

Nature's Remedy

NR TABLETS—NR

NR Tonight—Get a Tomorrow Feel Right 25c Box

WINTERSMITH'S CHILL TONIC

Sold for 50 Years. FOR MALARIA, CHILLS AND FEVER. Also a Fine General Strengthening Tonic. At All Drug Stores.

CABBAGE PLANTS—FROSTPROOF

Ready Now. Early Flat Dutch, Big Wakefield, Sure-Bond, Succession. All seasons. \$2.00 per 1,000; 5,000 lots, \$1.50 per 1,000. CODDEN NURSERIES, Codden, A. I.

COUGHING

annoys others and hurts you. Relieve throat irritation and tickling, and get rid of coughs, colds and hoarseness by taking at once

PISO'S

IMPROVED UNIFORM INTERNATIONAL 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 APRIL 14

JESUS REQUIRES CONFESSION AND LOYALTY.

LESSON TEXT—Mark 8:27-38. GOLDEN TEXT—Whosoever will come after me, let him deny himself, and take up his cross, and follow me.—Mark 8:34. DEVOTIONAL READINGS—Romans 10:5-10; Hebrews 12:1-13. ADDITIONAL MATERIAL FOR TEACHERS—Luke 9:18-27; 61-62. PRIMARY AND JUNIOR TOPIC—Jesus and the Blind Man. LESSON MATERIAL—Mark 8:27-38. PRIMARY MEMORY VERSE—He hath done all things well.—Mark 7:37.

The time has now come for Jesus to take account of his ministry. Having been rejected by the rulers, he goes into retirement with his disciples. His primary object in his teaching during this time is to prepare the disciples for the tragedy of the cross, which he knew was so near. His teaching gathers around the great cardinal doctrines of the Christian faith. He instructs them touching his person, atoning death, resurrection and glorious coming again. He knew that in the measure that they intelligently apprehended these things they would be able to pass through the ordeals before them. The same is true today. Those who clearly apprehend the Divine Person, the vicarious atonement, the glorious resurrection, and second coming of Christ, are undisturbed by the world tragedies of the present hour.

1. Peter's Confession of Christ (vv. 27-30).

Two questions of Christ provoked this confession:

1. "Whom do men say that I am?" (vv. 27, 28).

This question referred to the opinions of the people regarding Jesus. Some believed him to be John the Baptist, some Elijah, and some one of the prophets. They all recognized him to be a teacher or prophet with more than human authority and power. Today, as then, there is a diversity of opinion among people as to Jesus Christ. Some think that he was only a man, others that he was a great teacher, but nothing more. Jesus was not content with this acknowledgment. Had he been satisfied with this, he would not have been molested in Jerusalem, for the Jews willingly acknowledged him as much more than a human teacher.

2. "Whom say ye that I am?" (vv. 29, 30).

11. Jesus Teaching Concerning the Cross (vv. 31-33).

Christ charged the disciples not to make public his Messiahship, as that would precipitate the crisis. The disciples needed much instruction yet to prepare them for the crucial hour of the cross.

1. What he taught (v. 31).

(1) "The Son of Man must suffer many things."

He suffered physical weariness and hunger, ridicule and contempt, and even misunderstanding and lack of appreciation on the part of his friends and disciples.

(2) "Be rejected of the elders, chief priests and scribes."

These were the nation's official representatives, the very ones who should have known and received Christ and recommended his reception on the part of the nation. Truly, he came to his own, and his own received him not—John 1:11. To be rejected by one's own friends and relatives is doubly painful.

(3) "Be killed."

This announcement was startling to the disciples. They had not yet come to realize that redemption was to be accomplished through the passion and the cross. Jesus now states with definiteness and certainty that he must die on the cross. This necessity was due primarily to the fact that it was the divine purpose to make the death of Christ the heart and core of the atonement; and also, to human hatred and opposition.

(4) "Rise again."

Though this was utterly incomprehensible to the disciples, he shows them that this would be the glorious issue of his death.

III. The Cost of Discipleship (v. 34).

The law of the Christian life is suffering. To follow Christ means to turn one's back upon the world. To repudiate the world means to incur the hatred of the world. To be Christians, therefore, means to share Christ's sufferings.

1. There must be denial of self (v. 34).

This means the sufferings and shame which lie in the path of loyalty to God. To live the godly life means suffering (2 Tim. 3:12).

2. Christ must be followed (v. 34).

This means to have the mind of Christ (Phil. 2:5) and to perform the service of Christ.

IV. The Issue of Discipleship (vv. 35-38).

The blessed issue of following Christ is a life of freedom here and now, and eternal life hereafter. Such sacrifice enriches the life that now is, and prepares for the enjoyment of the life which is to come. To barter the future life for present enjoyment is most foolish, for the choices of life are fraught with eternal issues. Those who refuse to follow in Christ's footsteps shall be separated from him at his glorious appearing (v. 38; compare 2 Thess. 1:7-10). Are you prepared when the call shall come?

Lemons Whiten and Beautify the Skin! Make Cheap Lotion

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothen and beautifier.

Just try it! Make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It should naturally help to whiten, soften, freshen and bring out the hidden roses and beauty of any skin. It is wonderful for rough, red hands.

Your druggist will sell three ounces of orchard white at little cost, and any grocer will supply the lemons. Adv.

Fruit Picker's Dream Come True.

An ingenious method of gathering fruit which reduces the fruit picker's work to a minimum, makes use of a large net suspended above the ground directly under a tree and does away with the usual fruit-picking harness, buckets, pails and baskets, says the Popular Science Monthly. The fruit is dropped from the tree by the picker and it falls into the net and rolls down through a cone-shaped canvas spout into a barrel or fruit box. The net is held taut by a framework supported by iron posts driven in the ground.

LIFTS THE BURDEN OF PAIN FROM THOUSANDS

Piles is a disease to which both sexes and all ages are subject. Physicians have treated thousands of cases with more or less temporary success—with an ultimate recourse to operation in advanced cases.

Positive relief comes to users of Eagle Pile Remedy who will and have used this 20-year tried and proved medicine. It is an entirely home treatment, simple and easy to take, and has succeeded and permanently removed piles of the worst kind.

"I have saved a hundred dollars on operations and loss of time at business," reads one testimonial. What it has done for others it can do for you. A postal brings an easy-to-understand booklet. A dollar buys a week's supply. At your druggist or direct from the Reed Distributing Company, 146 Godwin St., Paterson, N. J.—Adv.

Probably She Didn't.

A gentleman winked at a bright little boy on the Lewiston car the other day. The youngster tried to return the salute, but both eyes persisted in shutting.

"Mamma," he finally said to a nice-looking woman by his side, "wink at that man."—Portland Press.

Cuticura Kills Dandruff.

Anoint spots of dandruff with Cuticura Ointment. Follow at once by a hot shampoo with Cuticura Soap, if a man; next morning if a woman. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25c, Ointment 25c and 50c.—Adv.

"Rocky but profitable," said the cradle manufacturer, describing his business.

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick head-ache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

Easy Way. "How did you clear your way with that old ground?" "Very easily. I merely used a little soft soap."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

Occasionally a fellow may adopt a good gas mask by closing his mouth.

Anoint the eyelids with Roman Eye Balsam at night, and in the morning observe the refreshed and strengthened condition in your eyes. Adv.

Talkative women are usually open faced.

Calomel Users! Listen To Me! I Guarantee Dodson's Liver Tone

Your druggist gives back your money if it doesn't liven your liver and bowels and straighten you up without making you sick.

Ugh! Calomel makes you sick. It's horrible! Take a dose of the dangerous drug tonight and tomorrow you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with sour bile, crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you are sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just try a spoonful of harmless Dodson's Liver Tone tonight.

Here's my guarantee—Go to any drug store and get a bottle of Dodson's Liver Tone for a few cents. Take a spoonful and if it doesn't straighten you right up and make you feel fine and vigorous I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick. I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, no it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISILLA, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good.

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Cautious. "Have you been taken, too, with these arguments about the excitement of aviation?" "Well, I wouldn't so to speak, care to fall for it."

How's This? We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Think twice before marrying. Divorce comes high.

Ideals That Uplift. We cannot reverse anything lofty without ourselves becoming exalted; we cannot reverse anything holy without ourselves becoming purer. The character of our homage determines our characters.—J. H. Jowett, D. D.

To Drive Out Malaria and Build Up The System. Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking as the formula is printed on every label, showing it is Quinine and Iron in a Tasteless form. 6c.

A little taffy judiciously applied makes a humble man stuck up.

Economy is the easy chair of old age.

All the Modern Improvements. "Have you a fireless cooker at your home?" "Worse than that. We've got a fireless furnace now."

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of *Chas. H. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Thrift and stinginess are similar, but how different!

Send for Swift & Company's 1918 Year Book

It shows that Swift & Company sells the meat from a steer for less money than the live steer cost!

Proceeds from the sale of the hide, fat, and other by-products covered all expense of dressing, refrigeration, freight, selling expense and the profit of \$1.29 per steer as shown by Swift & Company's 1917 figures as follows:

Average price paid for live cattle per steer	\$84.45
Average price received for meat	68.97
Average price received for by-products	24.09
Total received	93.06
This leaves for expenses and profit	8.61
Of which the profit per steer was	1.29

There are many other interesting and instructive facts and figures in the Year Book.

We want to send our 1918 Year Book, to anyone, anywhere — free for the asking. Address Swift & Company, Union Stock Yards, Chicago.

Swift & Company, U. S. A.