



## Feel Stiff and Achy After Every Cold?

Do You Have Constant Backache? Feel Old and Lame and Suffer Sharp, Rheumatic Pains? Then Look to Your Kidneys!

DOES every cold, chill or attack of grip leave you worn-out and utterly miserable? Do you feel old and lame, stiff and rheumatic? Does your back ache with a dull, unceasing throb, until it seems you just can't stand it any longer?

Then look to your kidneys! Grip, colds and chills are mighty hard on the kidneys. They fill the blood with poisons and impurities that the kidneys must filter off. The kidneys weaken under this rush of new work; become congested and inflamed.

It's little wonder, then, that every cold leaves you with torturing backache, rheumatic pains, headaches, dizziness and annoying bladder irregularities.

But don't worry! Simply realize that your kidneys are overworked at such times and need assistance. Get a box of Doan's Kidney Pills and give your weakened kidneys the help they need. Assist them, also, by drinking pure water freely, eating lightly and getting plenty of fresh air and rest. Doan's Kidney Pills have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Grateful Folks:

Mrs. J. C. Dantin, Elm St., Weldon, N. C., says: "I caught cold two years ago and it settled in the small of my back. No matter what way I moved, I had severe pains in my kidneys. My kidneys didn't act properly and my condition was pretty bad. Nervous spells had me all unstrung and irritable. Doan's Kidney Pills were recommended so highly that I finally began taking them. Doan's entirely cured me and I recommended this medicine at every opportunity."

E. D. Purnell, printer, 7th and Wash. Sts., Weldon, N. C., says: "I had dull pains over my kidneys and often when I stooped over, I could hardly straighten. My trouble was brought on by a strain. The least cold settled on my kidneys, making my condition worse. Friends recommended Doan's Kidney Pills so I began taking them. Doan's soon put my kidneys in good shape." OVER FOUR YEARS LATER, Mr. Purnell said: "I wish to confirm my former endorsement for Doan's. Whenever my kidneys don't act just right, a few Doan's always put me in good condition."

## DOAN'S KIDNEY PILLS

At All Dealers, 60c a Box. Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

## IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By Rev. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) Copyright, 1922, Western Newspaper Union

### LESSON FOR MARCH 12

#### AMOS WARNS ISRAEL (TEMPERANCE LESSON)

LESSON TEXT—Amos 6:1-8. GOLDEN TEXT—Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise.—Prov. 20:1. REFERENCE MATERIAL—Isa. 5:11, 12, 23, 24; Hos. 4:11; Gal. 6:19-21. PRIMARY TOPIC—God Sends Amos on an Errand. JUNIOR TOPIC—A Prophet Who Was a Friend to the Poor. INTERMEDIATE AND SENIOR TOPIC—The Consequences of Self-Indulgence. YOUNG PEOPLE AND ADULT TOPIC—Social Evils Yet to Be Conquered.

The kingdom of Israel reached a high state of prosperity in the time of Jeroboam II, and with it came a condition of luxury, corruption and wickedness.

The judgment woe of this lesson is directed against the sins of the upper classes in Samaria. The same sins are practiced in America, in the nation and in the church. With the increase of wealth in America has come luxury, corruption and gross wickedness which staggers the imagination. It behooves all to give a listening ear, for God will eventually enter into judgment. Our lesson is a temperance lesson. Temperance applies to other things than indulgence in intoxicating liquor. Our age is intoxicated with pleasure, pursuit of gain and selfish ambition.

I. Reckless Security (vv. 1-3). They were blind to the perils that surrounded them. They were living in a fool's paradise, closing their eyes to the approaching storm of judgment as predicted by Amos. They trusted in the mountains of Samaria for their protection. They regarded their city as impregnable. They no doubt regarded the utterance of Amos as impracticable—the dreams of a fanatic.

The tragic thing about this blindness on the part of the chief ones of the nation was they were so puffed up with pride that they failed to read the signs of the times in the light of history (v. 2.) The cities of Calneh and Hamath, though great and mighty, had fallen. To disregard the lessons of history, to dismiss the thought of impending judgment, is to bring near the "sent of violence" (v. 3). Let chaotic Europe and Russia be the red lights of warning to America, and let all injustice and class selfishness be laid aside.

II. Luxury (vv. 4-6). The luxury of these upper classes in Samaria expressed itself in: 1. Extravagant furniture (v. 4). They had beds of ivory—perhaps wood inlaid with ivory. Costly as their furniture was in that day, it was commonplace as compared to some of the expensive furniture and fittings in our great cities. 2. Laziness (v. 4). They stretched themselves upon their couches—lived lives of indolence. Such is the way of many still. 3. Feasted on delicacies (v. 4). The implication here is that they had their dainties out of season. "This is what many of the rich pride themselves in."

4. Adorn their feasts with music (v. 5). They sang idle songs—even invented musical instruments for this purpose. They prostituted the noble art of music to their sensual feasts. 5. They drank wine (v. 6). They were not content with ordinary drinking vessels. They drank from bowls, indicating excessive drinking. They were so mastered by the intoxicating cup that their feasts which were adorned with the refinements of music ended in drunkenness. III. Failure to Grieve for Joseph (v. 6).

Joseph here stands for Ephraim and Manasseh, his two sons. Ephraim became the principal tribe of the northern kingdom, so Joseph is used as a synonym for the nation. The upper classes were indulging in these effeminate luxuries, entirely indifferent to the groanings of the masses. And whenever such a condition exist in a nation there is need of Amos to thunder God's judgment upon those who are guilty of it.

IV. The Inevitable Issue (vv. 7, 8). 1. They shall go into captivity (v. 7). The northern nation was first in sin, therefore first to go into captivity. What a striking contrast this picture! Instead of lying on ivory couches feasting upon dainties, they are with the suffering exiles. 2. The certainty of the issue (v. 8). It is inevitable because of God's nature. He is a God of justice. He has sworn that judgment shall fall. He is the God of hosts—the controller of the whole universe, therefore none can escape. God hates the wickedness of the world, and He will bring into judgment the men and women who revel in luxury with no concern for the poor and needy. Though God waits long, He does not forget. The only escape for America is repentance.

Abide in Him. And now, little children, abide in Him; that when He shall appear, we may have confidence, and not be ashamed at His coming.—I John 2:28.

Great Mischiefs. Great mischiefs happen more often from folly, meanness, and vanity, than from the greater sins of avarice and ambition.—Burke.

Chance to Be Saved. Don't despair of a student if he has one clear idea.—Emmons.

## STANDARD FOR 50 YEARS WINTERSMITH'S CHILL TONIC

Not Only For Chills, Fever and Malaria BUT A FINE GENERAL TONIC

## Gains 21 Pounds IN SHORT TIME MASTIN'S Vitamon Tablets

Now Used By Millions As A Natural, Quick and Easy Way To Help Increase Weight and Energy

So remarkable is the action of MASTIN'S VITAMON TABLETS in helping to increase the nourishing, health-giving power of what you eat, that one woman recently gained 21 pounds after being thin and ailing for years. "I look thin, run-down men and women everywhere—victims of undernourishment—are often amazed at the astonishing improvement in their health, weight, mental alertness and appearance after only a short course of MASTIN'S VITAMON TABLETS. MASTIN'S VITAMON TABLETS contain all three vitamins, true organic iron, the necessary lime salts and other vitalizing elements which Nature provides for perfect vigor of body and mind, and to build up that powerful resistance which helps to guard you against the germs of disease. Only by making the test yourself can you fully realize how MASTIN'S VITAMON TABLETS help you feel and nourish the shrunken tissues, build up renewed nerve force, strengthen the entire digestive and intestinal tract and help put on firm solid flesh in the places where it is most needed. For your own safety and protection against cheap substitutes and imitations, insist upon MASTIN'S to get the original VITAMON TABLETS guaranteed to give satisfaction or money refunded. At all good druggists, such as:



THE DIXIE TRADER: For swappers, scheme era, and the formula trade. 6 months trial 25c. Lawful acts accepted to word, none under 25c. 435 Dwyer Ave., San Antonio, Texas.

## PISO'S SAFE AND SANE for Coughs & Colds

This syrup is different from all others. Quick relief. No opiates. 35c everywhere.

A Fair Trade. "That's a beautiful bus," said the salesman, all carried away with his own eulogy of the car. "Of course there may be some little thing that it needs, but that's to be expected." The prospect looked thoughtful, then he brightened. "I tell you what I'll do," he replied. "I'll buy the little thing you mention and you throw in the car. You see, I've bought a second-hand machine before."—Cartoons Magazine.

## MOTHER! OPEN CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food out of the bowels and you have a well, playful child again. Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup," which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Jus as Good. "I can no longer offer my friends a bumper." "But you can take them out in a fillyer."

Freshen a Heavy Skin With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

But That's Her Work. Here is a new definition of a "flap per": "A young girl with no education and a distinct aversion to anything like work, who seems somehow or other to annex men."—Salem New



## ROYSTER REFLECTS QUALITY



### F.S. ROYSTER GUANO COMPANY

- |                  |                   |                  |
|------------------|-------------------|------------------|
| Norfolk, Va.     | Richmond, Va.     | Lynchburg, Va.   |
| Tarboro, N. C.   | Charlotte, N. C.  | Washington, N.C. |
| Columbia, S. C.  | Spartanburg, S.C. | Atlanta, Ga.     |
| Macon, Ga.       | Columbus, Ga.     | Montgomery, Ala. |
| Birmingham, Ala. | Baltimore, Md.    | Toledo, Ohio     |

## HIS CRITICISM RATHER HASTY

Possibly Mr. Newlywed Will Make Discreet Inquiries Before He Makes Another Complaint.

A few weeks ago I was invited to dine with a couple of old schoolmates who had been married for some time. I was asked to bring a friend who had also attended school with us. The dinner looked appetizing, and was progressing smoothly with all of us in good spirits. Suddenly, Jack, my married friend, turned to his wife and said: "Vera, what's the matter with these biscuits?" She made some sort of reply, whereupon he answered they were not fit to eat, that his mother could do better baking, and asked who baked them. Vera, with an injured expression, answered: "Why, Dick, dear, your mother sent them over this evening." Both, I know, wished the dinner over, and I found I had a pressing engagement directly afterward.—Chicago Tribune.

Naturally. "There is one industry which needs to keep on the jump." "What is that?" "Hop growing."—Baltimore American.

## PURE WATER WITHOUT COLOR

Has Blue Tint Only When a Large Quantity of It Is Under One's Observation.

Water in its purest states is practically colorless, except that it has a blue tint when a considerable amount of it is viewed together. The water of Loch Katrine in Scotland is nearly pure chemically, although it contains a very small amount of carboniferous matter, which gives it a faint brown tinge. Water, under some circumstances, looks as if it was full of color, and this happens when light thrown upon it is reflected back again, as in the case of a soap bubble and of a rainbow, the latter being formed of drops of rain that reflect back the sunlight, broken up into its different parts, which resemble the colors of a rainbow. Stagnant or "bad" water seems to have colors on it because of the different forms of life growing on its surface and forming layers which reflect the light back and forth. The waves of light interfere with each other and cause colors. Perfectly pure water has a taste from the salts dissolved in it and from the atmospheric gases, nitrogen, oxygen and carbon dioxide which it contains.

Dare, and the world yields.

## No Rubber but More Stretch in Nu-Way



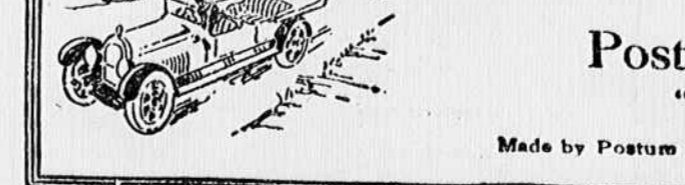
Self-Supporting. An attorney of Los Angeles advertised for a chauffeur. Some twenty odd responded and were being questioned as to qualifications, efficiency and whether married or single. Finally, turning to a negro chap, he said: "How about you, George; are you married?" Quickly the negro responded: "Now-sir, boss, now-sir. Ah makes my own livin'."—Judge.

Hard Job. It is still pretty hard to get a woman who is compelled to do her own housework to believe her husband is successful, no matter how honestly he may be getting his income.

## He beat the train to the crossing a good many times

"It's never touched me yet," he explained when they pointed out the risks. That's the answer a good many people make when they hear that the drug element in tea and coffee often harms nerves and health. They say it's never touched them yet. Sometimes they only think it hasn't.

Wakeful nights, drowsy days, headaches that keep coming more frequently—often are blank 1 on bad luck when the blame belongs on bad judgment in taking needless chances with harm. Over on the safe side is Postum, a pure cereal beverage, delicious and satisfying—containing nothing that can harm nerves or digestion. Thousands who used to try their luck with tea or coffee are enthusiastic over having found safety and satisfaction in Postum. It's worth your while to make the test with Postum for ten days. Postum is a delightful drink for any member of the family at any meal.



Your grocer has both forms of Postum: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health "There's a Reason" Made by Postum Cereal Company, Inc., Battle Creek, Mich.