

The BABY



No mother in this enlightened age would give her baby something she did not know was perfectly harmless, especially when a few drops of plain Castoria will right a baby's stomach and end almost any little ill. Frequentness and fever, too; it seems no time until everything is serene.

That's the beauty of Castoria; its gentle influence seems just what is needed. It does all that castor oil might accomplish, without shock to the system. Without the evil taste. It's delicious! Being purely vegetable, you can give it as often as there's a sign of colic; constipation; diarrhea; or need to aid sound, natural sleep.

Just one warning: It is genuine Fletcher's Castoria that physicians recommend. Other preparations may be just as free from all doubtful drugs, but no child of this writer's is going to test them! Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold.

Children Cry for



For Galled Horses

Hanford's Balsam of Myrrh

Money back for first bottle if not suited. All dealers.

At Least, Minds Were on the Right Track

When men invade the realm of women in ladies' apparel shops often the scene resembles that created by the proverbial bull in the china shop. The clerks of one downtown store tell about two young men who desired to buy hosiery.

"What color?" asked one of the other in reply to the clerk's question. "Now, what color did she ask that we get?" And the pair grew quite perplexed.

"Oh, yes, I remember. We want that shade called buckshot."

"No, no, not buckshot was it?" questioned the other. "Wasn't it shot-gun?"

"Now," queried the clerk helpfully, "do you mean you want gunmetal?"

"Yeh, that's it. Gunmetal. Gosh, we missed it a mile, but we were on the right track anyhow," the two replied in chorus, laughing at their own mistake.—Indianapolis News.

Not Neglected

"Does Opportunity ever call on you?" "No, but he has me on his mailing list."

Great inequality of the income tax "on the small schedules" is that so many elude it.

Is It Your Nerves?

Bakersfield, Calif.—"I had a nervous breakdown, unable to leave my bed. I was under the care of a doctor, but was not getting along as well as I thought I should, so I started taking Dr. Pierce's Favorite Prescription and it is the tonic and nerve that restored me to health.

Its soothing effect upon my nerves was wonderful while taking the first bottle, but I continued its use until I had taken five bottles and was then completely restored to health. I have never had a physical or a nervous breakdown since, which proves the thoroughness of the 'Prescription' in reaching the source of the trouble and then overcoming it."—Mrs. Gertrude Higley, 1224 Truxton Ave. All dealers.

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TODAY'S WINNERS

Are you getting "yours," or are bodily infirmities holding you back? The sprightliness of youth, health, strength, success may be yours if you keep your system in order.

GOLD MEDAL HAARLEM OIL CAPSULES

and plenty of fresh water will work wonders for you. All druggists; three sizes. Accept no substitutes.

W. N. U., PORTLAND, NO. 13-1928

CHILD KEEPS TRACK OF HER OWN WEIGHT

Health Work Is Stressed in Home Demonstration Plan.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) Health has always been closely related to and considered a definite part of almost every activity included in the home demonstration program. Much helpful and valuable health instruction is given in a more or less incidental way in connection with some other phase of the work, particularly with nutrition in its various aspects, such as food selection, food preparation, and meal planning. Many details of home improvement also have a direct effect on health, as when by more convenient arrangement of equipment, or better equipment, fatigue is avoided and more leisure is obtained.

Everything to do with child care and child feeding has a health angle which is stressed by extension workers. The aim in arousing community enthusiasm for more healthful school



Keeping Track of Weight Is Part of Health Program.

lunches has been to promote in mothers a greater interest in correct child feeding and to help educate children in food and health in such a way that hygienic habits would be formed early in life. The health score card has been widely used to call attention to such health factors as sufficient sleep, fresh air in the sleeping rooms, frequent bathing, care of the teeth, correct food selection, and weight as an indication of physical condition. Many of the farm children thus encouraged both at school and by their mothers to form good health habits, later become 4-H club members in which health is strongly emphasized. In addition to the skills they develop in demonstrating club activities, they must be free of physical defects in order to qualify as representatives of their clubs in many county and state contests. The total effect of this requirement is continual improvement in girls' physical condition and increased recognition of the importance of health.

The illustration, taken by the United States Department of Agriculture, shows a child keeping track of her own weight in connection with her health score card.

SPLIT PEA SOUP IS STANDBY ON OCEAN

Nothing More Welcome on Shipboard When Hungry.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) Ocean travelers are familiar with the filling, sustaining qualities of well-made pea soup, for it is a standby on every liner that plies between Europe and the United States. People are hungry on shipboard, and there is nothing more welcome than a savory, hot pea soup that appeases the ravenous appetites induced by the cold salty air. Similarly, on winter days, when the various members of the family come in out of the cold from work or school, a first course consisting of pea soup will go a long way toward filling them up agreeably—and at the same time, inexpensively. Dried split peas can be kept on hand for use at any time, but they must be soaked overnight before they are cooked, so this soup cannot be produced without notice. The recipe is from the bureau of home economics.

1 cup dried split peas	1 pint milk
1½ quarts water	2 tbs. flour
1 cup diced salt pork	2 tsp. salt
1 small onion, sliced	4 or 5 drops tabasco

Wash the peas thoroughly and soak them overnight in two cupsful of the water. In the morning add two quarts of water and simmer until the peas are soft. Press the peas through a fine sieve, mix with the liquid from the peas, and place in a double boiler. Dice the pork into very small pieces, cook it until crisp, and remove it from the fat. Cook the onions in the fat until yellow. Mix the flour with the fat and onions and when blended add to the pea mixture with the milk and stir until thickened. Just before serving add the cubes of crisp pork. Serve with a slice of lemon in each soup plate.

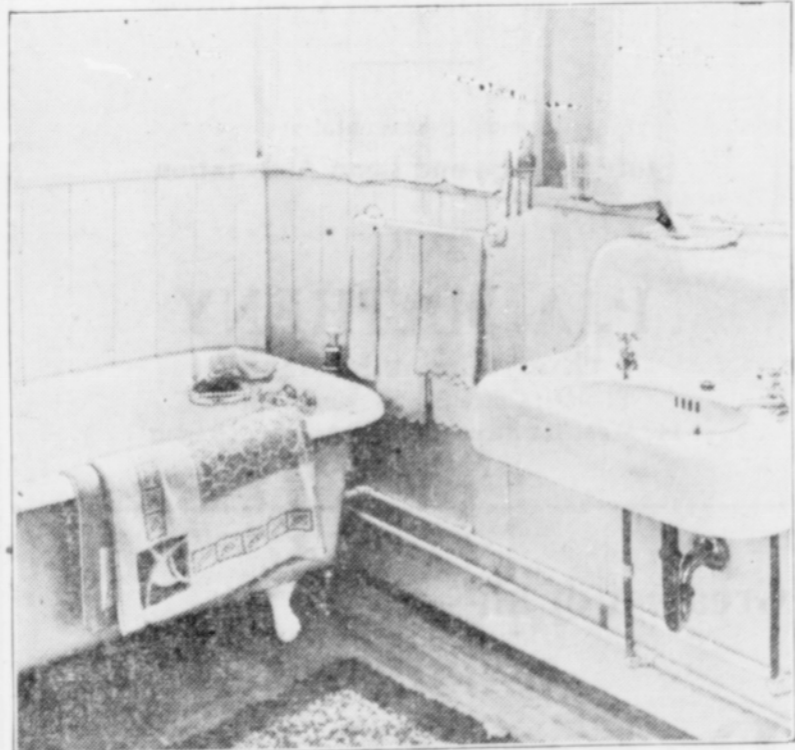
Liver and Rice Source of Iron and Vitamines

Since nutrition specialists have pointed out the value of liver as a source of iron and vitamins in the diet, many new ways of serving it are being suggested. The recipe below is from the bureau of home economics.

1 cup rice	4 slices bacon
½ lb. liver, sliced	1½ tsp. salt
1 onion, sliced	3 tbs. bacon fat
½ cup rice water	Few drops tabasco

Wash the rice free of all surface starch and cook it in 2 quarts of boiling water until it is soft. Drain the rice in a colander, cover it with a clean towel, and place it over hot water to steam and become flaky. Save some of the rice water. In the meantime, fry the bacon until crisp, remove it, and brown the onion in the fat. Salt and lightly flour the liver and fry it slowly in the bacon fat, after the onions are done. Cook the liver over low heat until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, and add more salt to taste and a few drops of tabasco. Mix the bacon fat with the rice and make a layer of the rice in a greased baking dish. Add the liver mixture and continue until all the ingredients are used. Pour the rice water around the sides of the dish, cover and place the dish in the oven until thoroughly heated. Serve at once.

BATHROOM POSSIBLE BY WATER SYSTEM



New Bathroom in Mrs. Guy Roop's Remodeled Home, Montgomery County, Virginia.

Encouraged and advised by the county home demonstration agent, Mrs. Guy Roop of Montgomery county, Virginia, achieved a number of changes last year in her home which made it much more comfortable and livable. The illustration shows one of the most important of these—a new bathroom made possible by the installation of a complete water system. This water system is supplied by a tank built on the exterior of the house above the second floor. The tank can be filled from the roof by gutters and also by a ram placed at a spring at the foot of the hill. A small, convenient, well-lighted room on the second floor was made over into a bathroom with modern fittings. Water was also supplied to the kitchen, which was greatly improved in arrangement and equipment. Other remodeling that was done included the living-room, a sun parlor and enclosed porch, and a nursery and upper enclosed porch, as well as the bathroom. The home demonstration agent under whose guidance such home improvements were made is employed cooperatively by the United States Department of Agriculture and the Virginia Polytechnic Institute. There are now approximately 800 home demonstration agents employed in the 48 states.

Improved Uniform International

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago, (E. 122, Western Newsdealer Union.)

Lesson for April 1

JESUS THE SUFFERING MESSIAH

LESSON TEXT—Mark 8:27-28. GOLDEN TEXT—Whoever will come after Me, let him deny himself and take up his cross and follow Me.

PRIMARY TOPIC—Jesus the Great Hero. JUNIOR TOPIC—The Heroism of Jesus. INTERMEDIATE AND SENIOR TOPIC—The Cost of Being Loyal to Christ. YOUNG PEOPLE AND ADULT TOPIC—Jesus Interprets His Messiahship.

I. Peter's Confession of Christ (vv. 27-30). Two questions of Jesus provoked this confession. 1. "Who 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. 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. "Who say ye that I am?" (vv. 29, 30). Jesus persistently claimed to be the God man, the very Son of God incarnate. He wanted the personal opinion of the disciples concerning Himself.

II. Jesus' Teaching Concerning the Cross (vv. 31-33). He charged the disciples not to make public His Messiahship as that would precipitate the crisis. The disciples had much need of 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. (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).

(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. (4) "Rise again." Though this was utterly incomprehensible to the disciples, He showed them that this would be the glorious issue of His death.

2. How the disciples received His teaching (v. 32). So unwelcome was His teaching touching the cross that Peter, the spokesman of the disciples, rebuked Him. Peter later saw through this darkness the light of glory on the hilltops beyond (I Pet. 1:3, 4).

3. Jesus rebukes Peter (v. 33). He told Peter plainly that his attitude was due to his being under the influence of the devil.

III. Jesus Going to Jerusalem to Die (Mark 10:32-34). Jesus went to Jerusalem with the consciousness of the awful tragedy of the cross before Him; the treachery of Judas, the fiery persecutions of the priests, the unjust judgment, the delivery to Pontius Pilate, the mocking, the scourging, the crown of thorns, the cross between malefactors, the nails and the spear all were spread before Him. He moved on to His goal, not by external necessity but a fixed purpose. He had not only come "to minister but to give His life a ransom for many." The joyous outlook of the victory which was to be accomplished through the shedding of His blood led Him forward (Heb. 12:2).

IV. The Cost of Discipleship (Mark 8:34). 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 means to share Christ's suffering.

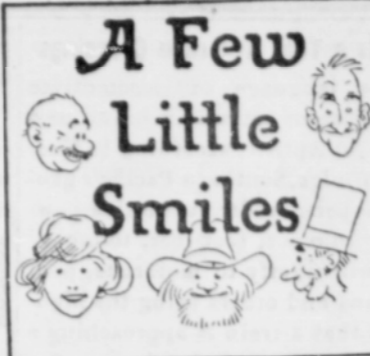
1. There must be denial of self (v. 34). There is a wide difference between self-denial and denial of self. All people practice self-denial, but only Christians deny self.

2. The cross must be taken up (v. 34). This means the suffering and shame which lie in the pathway of loyalty to God. To live the godly life means suffering (II Tim. 3:12).

3. Christ must be followed (v. 34). This means to have the mind of Christ (Phil. 2:5) and to perform the service of Christ. The blessed issue of following Christ is a life of freedom here and now, and eternal life hereafter.

Must Cry Unto God It is not enough for the soul to be in need; the soul must also cry unto God. Need alone is the begger of despair, but need with crying is the birthplace of prayer. The very distresses the soul is in are the birth-throes of such prayer.—James H. McConegny.

Sin Is No More Whenever a man gets to the blood of Jesus Christ he is done with the sin question.—B. B. King.



WOULD JOHN'S FIT?

The widow of a farmer was being consoled by a neighboring farmer, who happened to be a widower. "Cheer up, woman," he said. "Ye're young yet and good lookin', an' you could soon get another husband." "Oh, no, no," she replied; "who would take me?" "Why, if I had a better pair o' boots on, I'd run away w' ye myself!" said the widower, gallantly. The widow, lifting her face and wiping her eyes, said, earnestly, "I wonder would John's fit you?"

OBJECT OF KISSING



She—What is the object in kissing, anyway?
He—My object is you.

Why He Refused

A young theologian named Fiddle refused to accept his degree. "For," said he, "'tis enough to be Fiddle Without being Fiddle, D. D."

Tact in Petania

"I am going tomorrow to write an editorial skinning the Hon. Dodd Rotten alive," said the editor of the Petunia Palladium. "That'd be a waste of time," responded Constable Slackputter, the faithful guardian of the peace and dignity of the village. "If you let him alone folks will forget all about him inside of a month."

A Winter Thaw

Motorist—I say, my car's stuck in the mud; can you tell me where I can get help before it sinks further in?
Native—Oh, that's all right for the time being—there's another one underneath it.

Not the Type

Mazie—Silly. You just imagine you have a headache.
Betty—If you could do as much thinking as I do you'd have one once in a while, too.

TAIL-SPIN MARRIAGES



Wife—Marriages are made in heaven, you know.
Hubby—They soon come to earth, though.

Now and Then

Did men from monkeys come?
I do not so assert,
But I do know that some Apparently revert.

Unequally Divided

Jack—My uncle died the other day. He was a millionaire.
George—So I heard. What did he leave you?
He left my brother the million and gave me the air.

Little Fellow

Hewitt—Gruet is not a broad-minded man.
Jewett—Pretty small, I should say; he thinks the holes in doughnuts are the great open spaces.

All Over

George (nervously)—I'd like, the best in the world, Kitty, to marry you; but I don't know how to propose.
Kitty (promptly and practically)—That's all right, George. You've finished with me; now go to father.

Flight Advisable

Husband (at party)—They have asked me to sing. Will you accompany me, my dear?
Musical Wife—Yes—home.

WESTERN GIRL STRENGTHENED

By Taking Lydia E. Pinkham's Vegetable Compound

Manchester, So. Dakota.—"I was in a terribly weak and run-down condition when a friend told me about Lydia E. Pinkham's Vegetable Compound. I began taking it and after a short time I felt better. We are a family of five and live on a 360-acre farm, so I have quite a good deal to do both indoors and out. At first I was unable to do anything and had to have a girl, but after taking the Vegetable Compound I finally gained my strength back and also gained considerable in weight. I will gladly answer letters from women in regard to your medicine."—Mrs. Orro J. Geyer, R. F. D. 1, Box 20, Manchester, So. Dakota.

Quickly Relieves Rheumatic Pains

12 Days' Free Trial

To get relief when pain tortured joints and muscles keep you in constant misery rub on Joint-Ease.

It is quickly absorbed and you can rub it in often and expect results more speedily. Get it at any drug-gist in America.

Use Joint-Ease for sciatica, lumbago, sore, lame muscles, lame back, chest colds, sore nostrils and burning, aching feet. Only 60 cents. It penetrates.

FREE—Send name and Address for 12 day trial tube to Pope Laboratories, Desk 3, Hallowell, Maine

Joint-Ease

Human Brain Waves Like Those of Radio

Abbe Moreux, one of the greatest scientists in France, declares that radio-telegaphy and mental telepathy seem to be identical processes. "Scientists," he says, "think today that the various waves in the atmosphere are of an electric nature at their base, and that all atoms, including those forming our brains, emit waves similar to those sent out by radio stations, and that they are capable of influencing appropriate receivers."

"According to our capacity we receive—generally without knowing it—an infinite number of radiations of all sorts that affect our brain cells, and, by their intermediary, our intelligence and our nervous system; and in the same way solar activity acts not only on individuals but on all people at the same time. I showed as far back as 1910 that the great wars always followed large sunspots."

"Free Verse"

Verse which does not depend on rhyme or meter is called free verse. It does, however, have a certain rhythm.

Considerable

Dolores—You say Donna's afraid of her shadow?
Mae—Well, you would be, too, if it looked like a mob at your heels.

If Back Hurts Flush Kidneys

Drink Plenty of Water and Take Glass of Salts Before Breakfast Occasionally

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salts which helps to remove the body's urinous waste and stimulate them to their normal activity.

The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grams of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of good water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate clogged kidneys; also to neutralize the acids in the system so they are no longer a source of irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to help keep their kidneys clean and active. Try this; also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

SCHOOL FOR MEN

Training for BUSINESS, TRADES or PROFESSIONS Enroll any time. Send for literature. OREGON INSTITUTE OF TECHNOLOGY Y. M. C. A. Bldg. Portland, Oregon