

Importance of Good Posture—

Correct Attitude Promotes One's Health and Graceful Carriage

A GREAT deal is said and written about the importance of a good posture, both for the sake of health, and a graceful carriage. Most of the suggestions and aids are applicable to correct standing and walking, but the importance of sitting correctly is no less significant. There are instances of what are termed incurable diseases, being contracted by sitting repeatedly or continuously in a way opposed to nature's requirements, which are a free and easy functioning of the organs of the body.

Correct Postures.

In sitting the back should be erect or inclined backward. The legs from hips to knees should be approximately at right angles to the body, although they may incline slightly downward. The position of the legs from knees to feet is of minor importance. The limbs may be perpendicular or inclined out. Crossing the feet is sometimes resorted to one foot and then the other. Crossing the legs may be indulged in, although this does throw the hips out of position a trifle, so it is advisable to alternate the crossings frequently.

Use of Footrests.

The use of a footstool is restful, and many times advised by physicians in order to promote good circulation. The height of the footrest is variable, from low, to as high as the chair seat in chaise lounge fashion. Always the body should be erect in sitting, or inclined backward, for it to be natural.

Injurious Posture.

This brings us to the especially injurious sitting position in which the body is bent forward, or the knees inclined up. In either event there is a slight "Jack knife" position, bringing the knees and body at an angle less than a right angle. This position is common when leaning over a desk and writing, or when sitting in a seat which is higher along the front

"Booster" Planes

In England what has been known as a composite aircraft has been invented which combines a heavy long-range monoplane and a second "booster" monoplane that is attached to its top in taking off, thus forming a biplane. When the craft is in the air and flying at full speed, the booster plane cuts off and the big ship continues, carrying a load which alone it could not lift off the ground.—Washington Star.

than at the back. The position in such cases cramps the organs of the body.

Remedies.

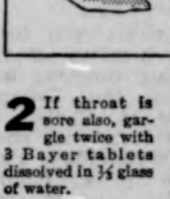
A wedge cushion will make an auto seat level. Learning to keep the body erect, when writing, will correct the difficulties of a bookkeeper or writer. However, to foster good health, walking with the shoulders well thrown back and the chin up, is recommended to counteract the wrong attitude. Also there are exercises one can take for posture which are important.

© Bell Syndicate.—WNU Service.

Do THIS FOR A COLD



1 Take 2 Bayer Aspirin tablets with a full glass of water at first sign of a cold.



2 If throat is sore also, gargle twice with 3 Bayer tablets dissolved in 1/2 glass of water.

Quick Relief with 2 Bayer Aspirin Tablets

The modern way to ease a cold is this: Two Bayer Aspirin tablets the moment you feel a cold coming on. Repeat, if necessary, in two hours. If you also have a sore throat, due to the cold, dissolve 3 Bayer tablets in 1/2 glass of water and gargle with this twice. The Bayer Aspirin you take internally will act to combat fever, aches, pains which usually accompany a cold. The gargle will provide almost instant relief from soreness and rawness of your throat. Your doctor, we feel sure, will approve this modern way. Ask your druggist for genuine Bayer Aspirin by its full name — not by the name "aspirin" alone.



15¢ FOR A DOZEN
2 FULL DOZEN FOR 25¢
Virtually 1c a Tablet

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. HAROLD L. LUNDQUIST, Dean of the Moody Bible Institute of Chicago. © Western Newspaper Union.

Lesson for February 14

JESUS THE GOOD SHEPHERD

LESSON TEXT—John 10:1-16. GOLDEN TEXT—I am the good shepherd: the good shepherd giveth his life for the sheep. John 10:11.

PRIMARY TOPIC—A Good Shepherd. JUNIOR TOPIC—The Good Shepherd. INTERMEDIATE AND SENIOR TOPIC—How Jesus Is Like a Shepherd. YOUNG PEOPLE AND ADULT TOPIC—Jesus Our Good Shepherd.

The blind man who had been healed had been cast out of the synagogue because he had given the glory for his healing to Jesus Christ, (see ch. 9). The door to that which stood for all that was sacred to him had been closed. Whither should he turn? Look! here comes someone seeking him. It is Jesus, who now declares that the door which men had closed was no true door at all, for he says, "I am the door of the sheep." Those who professed to be shepherding the flocks and who had cast this poor man out were but hirelings. Now he speaks to the One who says, "I am the good Shepherd."

Someone has suggested that the parable of the good shepherd presents the whole day in the life of the shepherd and his flock, morning, noon, and night, and typifies the ministry of Christ on our behalf in the varying circumstances of life.

I. In the Morning (John 10:1-6). Flocks were sometimes kept in the field at night, as was the case on the night when Jesus was born in Bethlehem. But ordinarily they were brought into a sheepfold where many flocks gathered for protection. Thieves would climb the wall to steal sheep, but the shepherd, when he came in the morning to lead forth his flock, entered in by the door. He called out his flock by name and they knew his voice. It is said that only a sick sheep will follow a stranger, which may explain why so many false isms of our day appeal to the sick and lead them away from the Good Shepherd.

Do you know his voice? Have you responded to his call? Will you follow him? Decide now.

II. In the Heat of the Day (vv. 7-10).

Perhaps the sheep need to enter the fold to rest, if so he is the door. But they may wish to go out to the pasture—again he is the door. Belonging to Christ is not bondage. If any man enter in by Christ, the Door, he is free to go in and out, to find pasture, to live for and to serve him.

"The Door." What a striking figure! It is a means of entry, the only way in. Every door has two sides and the side we are on determines whether we are inside or outside—saved or lost. Children used to sing, and still do:

One Door and only one,
And yet its sides are two—
Inside and outside.
On which side are you?

III. When Night Comes (vv. 11-16).

The wolves come out as the shadows gather. They come to kill and to scatter. Where is the shepherd? If he is only a hireling, serving for what may "be in it" for him, he will flee. How perfectly this picture religious leaders who, in spite of their swelling words and ingratiating manners, desert the flock in the hour of adversity. Fair weather friends are they, who disappear when darkness and danger appear.

In the darkest hour Jesus is nearest at hand. He never fails. He has no fear, for he has not tasted the bitter death of Calvary's tree for you and for me? He is the good shepherd. He giveth his life for the sheep. Those who have put their trust in him shall never be put to shame.

Because he has given his life for the sheep we must not forget nor neglect the truth found in verse 16. There are "other sheeps" that have not yet been brought into the fold. They must be brought in, and we, on His behalf, must bring them, that there may "be one fold and one shepherd."

Penitence and Mercy

Man must not disclaim his brotherhood, even with the guiltiest, since though his hand be clean his heart has surely been polluted by the fitting phantoms of iniquity. He must feel that when he shall knock at the gates of Heaven no semblance of an unspotted life can entitle him to an entrance there. Penitence must kneel and Mercy come from the footstool of the Throne, or that golden gate will never open.—Nathaniel Hawthorne.

The Power of Prayer

The greatest thing anyone can do for God and for man is to pray. When one understands about prayer, and puts prayer in its right place, one finds that it is the doing that grows out of praying that is mightiest in touching human hearts.—S. D. Gordon.

The March of Life

In the march of life don't heed the order of "right about" when you know you are about right.—O. W. Holmes.



A LITTLE girl, reared in poverty in the backwoods of Virginia, destined for a brief and none too happy life, was to grow up and bear a child whose career more than fulfilled her highest dreams for him.

Born at Patterson's Creek, Va., in 1784, Nancy Hanks went at the age of twelve to live with her aunt and uncle, Thomas and Elizabeth Sparrow, in Mercer county, Virginia. She had a chance to attend school there, and made the most of it. In a community where many of the men could neither read nor write, she learned to do both, notes a writer in the Indianapolis News.

She was skilled at needlework, too, and hired out to families in the neighborhood. Though she worked for wages she was never regarded as a servant, but sat at table with the household wherever she went. Report says she was tall and handsome, with a frank, open countenance and a voice pleasing both when she sang and when she talked.

A young apprentice named Thomas Lincoln was learning the trade of carpentry in the shop of Joseph Hanks, uncle of Nancy. The two young people were attracted to each other, and were married on June 12, 1806. Thomas took his bride home to a tiny house fourteen feet square.

He could not write his own name until the ambitious Nancy taught him how. But his ambition could not keep pace with hers. Her dis-



Nancy Hanks, Mother of President Abraham Lincoln.

appointment at his easy-going ways was forgotten in her children; first, a little girl, Sarah; then, in 1809, the son known to history as Abraham Lincoln.

Between this child and this backwoods mother there was a powerful bond of sympathy. They understood each other without words. Perhaps she felt in him her own fierce hunger for learning, for a larger, richer world.

She was thirty-four years old, and Abraham Lincoln was nine, when she fell ill of an epidemic disease known in southern Indiana (to which the family had migrated) as the milk sickness. In seven days she was dead.

Abraham helped his father to make her coffin out of green lumber cut with a whipsaw, helped to bury her in a forest clearing. There was no ceremony. This troubled the boy until several months later, they secured a wandering preacher to deliver a funeral sermon over the lonely grave.

His mother's influence stayed with him always, and was voiced in that most famous of filial epithets: "All that I am or hope to be, I owe to my angel mother."

Lincoln at 37



This is the earliest known portrait of Abraham Lincoln. It is an old daguerrotype taken in 1846, when the martyred President was thirty-seven years old, a lawyer edging towards a political career.

Simplicity That Intrigues



THIS is the problem: Sister wants to entertain the Girl Scouts, it's Jule's turn to have the Bid-or-Bi club and Rose insists she can't put off the Laff-a-Lots a minute longer. And each of them has just finished a new dress and is anxious to wear it for the occasion.

Sister's Choice.

Sister's bit of intrigue is, as you can see, a dress worth waiting to show off (Pattern 1223). It is made of velveteen this time and a little later on she's going to blossom out in a bright crisp gingham version for school. The smart collar, flattering flared skirt and puff sleeves are good reasons for this frock's popularity. It comes in sizes 6 to 14 years. Size 8 requires 2 1/2 yards of 39 inch material.

Jule's Entertaining Dress.

Jule knows a neat trick when she sees one whether on the table or in a page of fashions, and she didn't miscue in choosing Pattern 1998. She'll wear this snappy shirt frock when she's "it" to entertain and because she chose broadcloth it will look more trim and lovely after each washing. The diagram shows why a few hours is all that's needed to sew this grand number. You may have it in sizes 34 to 46. Size 36 requires 4 1/2 yards of 35 inch material. With long sleeves 4 3/4 yards.

It Was Easy, Says Rose.

They didn't believe Rose when she said she made this startlingly pretty dress (Pattern 1224). She did though, even the buttonholes! However, the same stunning effect can be had by sewing the buttons on for trimming only. The elegance of the princess-like lines, the eclat of the heart shaped sleeves and withal its ease of construction make the question read "How can I help but make this dress?" It is available in sizes 12 to 20 (30 to 40 bust).

Size 14 requires 4 1/2 yards of 39 inch material, plus 1/2 yard contrasting. With long sleeves 4 3/4 yards required.

New Pattern Book.

Send for the Barbara Bell Spring and Summer Pattern Book. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns. Interesting and exclusive fashions for little children and the difficult junior age; slenderizing, well-cut patterns for the mature figure; afternoon dresses for the most particular young women and matrons and other patterns for special occasions are all to be found in the Barbara Bell Pattern Book. Send 15 cents (in coins) today for your copy.

Send your order to The Sewing Circle Pattern Dept., 149 New Montgomery Ave., San Francisco, Calif. Patterns 15 cents (in coins) each.

© Bell Syndicate.—WNU Service.

AT LAST A COUGH RELIEF—THAT ALSO SPEEDS RECOVERY

Remember the name! It's FOLEY'S HONEY & TAR! Double-acting. One set of ingredients quickly soothes, relieves tickling, hacking, coughing... coats irritated throat linings to keep you from coughing. Another set reacts with bronchial tubes, loosens phlegm, helps break up a cough due to a cold and speeds recovery. For quick relief and speed-up recovery, ask your druggist for double-acting FOLEY'S HONEY & TAR. Ideal for children, too. Get a bottle today.

Worth-While Talk

Talking does help when it kindles many hearts into performance of a good deed.

Don't Sleep When Gas Presses Heart

If you want to really GET RID OF GAS and terrible bloating, don't expect to do it by just doctoring your stomach with harsh, irritating alkalies and "gas tablets." Most GAS is lodged in the stomach and upper intestine and is due to old poisonous matter in the constipated bowels that are loaded with ill-causing bacteria. If your constipation is of long standing, enormous quantities of dangerous bacteria accumulate. Then your digestion is upset. GAS often presses heart and lungs, making life miserable. You can't eat or sleep. Your head aches. Your back aches. Your complexion is sallow and pimply. Your breath is foul. You are a sick, grouchy, wretched, unhappy person. YOUR SYSTEM IS POISONED. Thousands of sufferers have found in Adierka the quick, scientific way to rid their systems of harmful bacteria. Adierka rids you of gas and cleans four poisons out of BOTH upper and lower bowels. Give your bowels a REAL cleansing with Adierka. Get rid of GAS. Adierka does not gripe—is not habit forming. At all Leading Druggists.

"Quotations"

One should guard against preaching to young men that success, in the customary material sense, is the aim of life.—Albert Einstein.

What we need is not less of the national spirit, but more of it; not less of the zeal for national interests, but more.—William E. Borah.

Unless England and America stand together there will be chaos in the world.—Lady Astor.

There is a large difference between leisure time and idle time.—Fiorello H. La Guardia.

Man will never conquer death, for death is an essential character of our self.—Dr. Alexis Carrel.

This life is not the play, only the rehearsal.—J. H. Shorthouse.

PLEASE ACCEPT THIS Magnificent 4-PIECE SILVER SET

for only 25c complete with your purchase of one can of B. T. Babbitt's Nationally Known Brand of Lye



This lovely pure silver-plated Set—knife, fork, soup spoon and teaspoon in aristocratic Empire design is offered solely to get you to try the pure brands of Lye with 100 uses, shown at right. Use Lye for cleaning clogged and frozen drain pipes, for making finer soap, for sweetening will, etc. You'll use no other Lye once you've tried one of these brands.

to B. T. Babbitt, Inc., Dept. WN, 896 Fourth Ave., New York City, N. Y. Your Set will reach you promptly, postage paid. You'll thank us for the Set and for introducing these brands of Lye to you.



OFFER GOOD WITH EITHER BRAND Babbitt Red Seal

How to Get Your Silver Set To get your 4-piece Silver Set, merely send the band from any can of Lye shown at right, with 25c (to cover handling, mailing, etc.) with your name and address

TEAR OUT THIS ADVERTISEMENT AS A REMINDER

THE WORLD AT ITS WORST

By GLUYAS WILLIAMS



AFTER LYING IN WAIT IN THE COLD FOR THE BOY WHO AMBUSHED YOU YESTERDAY, PLANNING TO CATCH HIM ON HIS WAY TO DANCING SCHOOL, YOU DISCOVER THAT HIS MOTHER HAS DECIDED TO GO WITH HIM

(Copyright, 1937 by The Bell Syndicate, Inc.)