

SUNDAY SCHOOL LESSON

Lesson IX, November 26, 1916.
A Living Sacrifice.—Romans 12, 1-21.

Commentary.—I. Entire consecration (vs. 1, 2).—Blessed you—Paul is intensely concerned for the spiritual welfare of the Romans. He feels for them and uses strong entreaty in urging them to take a course that he is thoroughly convinced is right. Therefore—the great doctrine of justification and sanctification by faith had been established. Upon this truth as a basis the apostle urged those to whom he wrote to meet the conditions necessary to the attainment of full salvation. By the mercies of God—the abundant mercy of God was shown in the plan of human redemption. Since God has shown such mercy toward fallen humanity, men ought to consecrate themselves wholly and freely to him. That ye present—As the priests presented sacrifices to God in fulfillment of the Mosaic law, so we are called upon to present our offering to the Lord. Your bodies—The body is the agency through which the spiritual nature operates, and the apostle's exhortation is to the effect that every power and faculty of the being victim was wholly presented in sacrifice to God, as our entire being is to be dedicated to him. A living sacrifice—The animals devoted to be sacrificed were deprived of life. They were dead before they were dead before they were burned or otherwise disposed of as Christians we are wholly devoted to God as sacrifices while we are living. Our powers of soul and mind and body are to belong to Him and to be employed in His service. Holy—The sacrifice required by the Mosaic law must be without blemish and must be set apart for sacred uses, so the Christian must be wholly consecrated to God and must be made pure in heart through the merits of the atonement. Acceptable—God is pleased with a whole-hearted and complete dedication of our entire being to Him. Such a sacrifice is acceptable to Him. Your reasonable service—The service is not external merely, but is essentially spiritual and hearty. It also reasonable that we should render to God all our services and that service at its best.

2. Be not conformed to this world.—Be not fashioned according to this world.—R. V. By the world is meant the spirit and customs of the age that leave out of consideration the claims of God. The world is selfish, proud, sensual, irritable, deceitful and ungenerous. The Christian has no right of excuse to be "fashioned according to this world," for the spirit of the world is opposed to the spirit of Christianity. Be ye transformed—The word conformed has reference more to the external than to the internal, yet both ideas are involved; but the word transformed here indicates an inward change. The affections, desires, motives and ambitions are changed. By the renewing of your mind—The mind is not here simply the intellectual faculties, but the will, and that disposition from which all grows.—Abbott. That ye may prove—No one can properly prove, test or enter into an understanding of the will of God unless he has become renewed by grace that he now, by a holy instinct, can discern, in conflicting claims, the will of God from the will of self or of the world. And on this perception he is to act.—Cam. Bib. He proves the excellence of the divine will by experience. Good—God's will in its very nature is good, springing as it does from Him who is infinitely in goodness. Acceptable—God's will is acceptable to those who are "transformed by the renewing" of their minds. They gain a realization of the wisdom, goodness and love of God in the requirements which He makes upon us. Perfect—God's will for us is perfectly adapted to our needs, to our capacity and to our highest happiness. It is absolutely impossible for us to make any improvements upon God's will.

III. Diversity of gifts (vs. 3-8). 3. For I say—Paul speaks with the authority of an apostle. He is able to enlarge upon the results or accompaniments of full consecration to God. Through the grace given unto me—What he says is not by his own authority, but is given to him by the Lord, as an inspired apostle. To every man—The exhortations and instructions which he gives are needed by all; hence they are spoken not only to the Romans, but also to all men. Not to think of himself more highly—The apostle gives clear and emphatic warning against self-exaltation, which is productive of much harm to the one who is guilty of thinking too highly of himself, and it is also harmful to the work of God. But to think soberly—The special direction to be taken by this sober thinking was the recognition by each Christian of the limits of his own gifts, the reality of the gifts of others, and the position of the individual as only a part of the great community.—Cam. Bib. We should not belittle ourselves on the one hand nor should we esteem ourselves too highly on the other. The measure of faith—as God through his mercy has brought salvation to us as individuals, and we have received his grace and have experience and varying ability in the work of God, so we are to honor him by sober thinking and a readiness to do the particular work to which he calls us. 4. For as we have many members in one body—A clear and impressive illustration is introduced to show the relation of individual Christians to God and to one another. Each member of the body has its own function, and when each does its part, there result health and strength. 5. One body in Christ—Christians have severally their distinctive qualities and ability to labor, but each one is a member of Christ's body and all are mutually related. The course which one member pursues has a bearing upon all the other members of Christ's body.

6. Having then gifts differing—The body of Christ, which is his church, is a unit made up of many members. The several members differ in ability and in natural traits. One has ability in one direction and another in another, yet a blessed unity abides in the

body of which they are members. According to grace that is given—God has given grace and ability to all, but the special gifts are bestowed according to his will. The prophecy—This word is used to include either the foretelling of future events or the utterance of divine truth. "Every true preacher is in a true sense a prophet. The New Testament prophet, blended and exercised by turn, as grace was given him, these various gifts."—Whedon. According to the proportion of faith—Every prophet is exhorted to exercise his gift according to the measure of grace and light that come to him through faith in Christ. He is not to assume to speak from his own authority or impulse, but as God directs him. 7. Ministry—This includes the secular and manual service connected with the church and pertains to what we speak of as the business side. He that teacheth—Teachers are a class of workers in the church whose duty it is to explain and impress the divine truth. In order for one to be a successful teacher he must put his whole soul into his work. 8. He that exhorteth.—The word has in it the thought of comfort together with that of encouragement as well as exhortation. He that giveth—By noting the various gifts which are here enumerated, we see that every member of the body of Christ has the ability bestowed upon him to do something in the church. Every one should be a giver, but God has endowed some with a special gift to acquire property and distribute it to others. With simplicity—With no selfish or unworthy motive. He that ruleth—Let those who are given places of authority in the church exercise the authority faithfully for the good of the cause. He that showeth mercy, with cheerfulness—To some is entrusted the special gift of relieving those who are in various kinds of distress. Such persons are exhorted to use the gift with gladness, to bring cheer to others.

III. Attitude toward others (vs. 9-21). The apostle proceeds to give somewhat in detail, the practices that pertain to the Christian life. Love is the basis of right practice. Love accord to every person his rights and does even more than is ordinarily regarded as giving to their rights. Love leads its possessor to be kind to those who are unkind to him. It is the Christian's duty to refrain from avenging himself. His practice must be uniformly kind and helpful to others. He must be peaceable and always considerate. Even his enemies have claims upon him. He owes them kindness and helpfulness. He will be going in the direction of winning his enemy if he shows him love and charity. Questions.—Who wrote this epistle? What great fundamental duty is laid down? How can one's body be a living sacrifice? What is meant by being transformed? Why should we consecrate ourselves to God? What opinion ought one to have of himself? What various gifts are mentioned in the lesson? How should these gifts be employed? What gifts are entrusted to us?

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transform. The foundation of all transformation of character and conduct is shown to be laid down in a renewed mind, from which the inward life shapes the outward conduct, where inward consecration is manifested by outward sacrifice, the sacrifice of the whole man in the dedication of himself to God, thus including the activities and energies of the body, soul and spirit. By "the world" is meant everything in it which is antagonistic to the truth or the life of God in the soul of man. It is fallen humanity acting out itself in the human family, moulding and fashioning the framework of society in accordance with its own tendencies. Christianity addresses itself to man as he is, a citizen of the world, having work in the world to do. Instead of unfitting a man for a place in the world, transformation enables him to live in it, appreciate the worth of it and exercise an influence over it.

II. Fervent in fellowship with men. Paul explained how consecration must be manifested in actual life, and how the will of God might be practically proved, and how the purposes of divine grace are fulfilled when each bears his brother's burden and joins his brother's song. Paul put upon record the graces and qualifications deemed necessary to every Christian life. He specified several forms of ministry as peculiar interest and value. He specified the manner of life which should be displayed among Christians and in their association with the unchristian world. Foremost among his exhortations was the requirement of brotherly love and kindness. These involve all virtue and form the content of the moral law. He showed that the mission of Christianity is to enter into and take possession of man's spiritual nature, and to govern his life and shape his social relations. Paul mentioned six features which should characterize the dealings of Christians with others—sincerity, discrimination, generosity, sympathy, humility and peaceableness. He comprehensively reviewed the whole range of human action and conduct. He laid down the Christian principles of civil government and obedience in a picture of life in its length and breadth and in its lights and shadows. Great importance is attached to the exercise of man's faculties. In elevating him Christianity elevates his employment. It is a gospel of renewal. It is a system of doctrines and duties. It is a constellation of virtues.

III. Faithful in personal discipline. The will of God is perfect, admitting of no amendment, no censure, no improvement. To attain to it is to reach a moral height, above which nothing follows. Paul described the practical diligence which he taught should characterize and distinguish all Christian service. He enumerated duties which the Christian owes to himself, diligence, fervency, piety, hope, joy, patience and perseverance. He must be ever on the watch against sin, yet never disheartened by its power, distrustful of self, but never of God. His religion must not consist merely in abstaining, avoiding and abhorring, but in being, doing and delighting. Christian sacrifice does not consist in a solitary act. It becomes the prevailing habit of life. Consecration may be an act of a moment, but the carrying out of the vow is the work of a lifetime.

Lemon and salt is a good remedy for chilblains. Cut the lemon and sprinkle fine salt over it and rub the feet with it.

This would be a much better sort of world if the average man should accomplish half the things he intends to do.

About one-third as much time is spent on the road, and one team is dispensed with. Towns that were practically out of reach by team are within easy distance by motor truck.

The number of users of the motor truck for marketing purposes is rapidly increasing, and their success bids fair to make this method the popular one for conveying farm produce to market. As a saver of time and horses it is economical.

FARM NEWS AND VIEWS.

It is claimed by a number of experiment stations that salt, to a great extent, will replace potash. Some authorities, however, are not sure of this under all conditions and in all types of soil. The Atlantic County (N. J.) farm demonstrator advises going easy on salt until results are proved. Several reports from Monmouth and Mercer counties (N. J.) say that salt was a benefit to the potato crop, giving the foliage a lighted green color and an increased yield.

Oiling harness is a task that farmers generally put off too long. It is just the work for stormy weather. One quart of neatfoot oil will be sufficient for double harness. Wash the harness well with soap and water and hang in a warm room overnight to dry. Next day it will be in good condition to receive the oil. Add a little lampblack to the oil to color it; apply this rag or brush, rubbing it well into the leather, and hang in a warm room overnight. Next day rub well with a dry cloth and it will be ready for use. Harness thus treated is much easier to handle and far less liable to cause galls to the horses and will wear much longer.

Never punish a horse for something which he cannot help. It may be your own fault instead of his that he is unruly and unmanageable.

Here is a Maine farmer's method of ridding his premises of rats and mice: "If you sprinkle sulphur on your barn floor and through your corn as you gather it there will not be a rat or mouse to bother. I have done this for years and have never been bothered with rats or mice. I have some old corn in my crib at present, and not a rat or mouse can be found. In stacking hay or oats, sprinkle on the ground a little sulphur, a sack load, and my word for it, rats or mice can't stay there. A pound of sulphur will be sufficient to preserve a large barn corn, and is good for stock and will not hurt the corn or bread."

Some horses have tender necks and shoulders. These may be hardened, and the skin toughened by bathing several times a week with salt water, to which may be added a small amount of vinegar or alum. An oak bark solution, made by boiling a good quantity of oak bark in water, makes a good bath and toughens the skin.

There are many remedies for harness galls and sores. Among them may be mentioned, alcohol, one pint, in which are well shaken the whites of two eggs; a solution of nitrate of silver, ten grains to one ounce of water; sugar of lead or sulphate of zinc, 20 grains to an ounce of water; carbolic acid, one part in 15 parts of glycerine. Any simple astringent wash or powder will prevent a cure provided the sores are not irritated by friction.

The dairyman will never know where he stands unless he keeps records. Test for butter fat and keep an accurate table of production for each cow. Without any record you can't have a long time locating a "star" boarder.

Nobody likes to walk about in mud and filth while caring for cattle. With a little work and a small expense the cow lot can be made a better place to go into.

Land plaster used freely in the stables will absorb all odors and increase the fertilizing value of the manure.

Every barn hog house, or pen should have at least four square feet of window space to each animal, and in dairy barns this should be increased to six or eight square feet, says Frederick W. Ives, of Ohio State University. He adds that light is cheaper than food and more beneficial than gallons of germicides.

BETTER THAN SPANKING

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. S., Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

Shooting a White Chamois.

A stuffed and mounted white chamois buck that rests in the court museum at Vienna is directly connected through tragic superstition with the beginning of the great European war. A white chamois—which is really not so snowy as the word implies—loses much of a rarity that throughout the Austrian Alpine region superstition attached to the slaying of it. Whoever kills such an albino, says the hunters and mountaineers, dies within the next twelve months.

This particular chamois was shot on Aug. 28, 1913, by the Archduke Francis Ferdinand, accompanied by his wife, near Bluebach, in the Saizburg Alps. When the game was lying at her feet, the professional hunter, kneeling over it and calling attention to the whitish tint of the fleece, told the help to the Austrian throne of the current belief. But Francis Ferdinand merely smiled. Ten months ago exactly he was murdered at Sarajevo.

A FRIGHTFUL DEATH

SUFFOCATED IN ASTHMA ATTACK

Every sufferer from Asthma knows the terror, the abject fear, that overcomes them when struggling for breath. The old-fashioned remedies may relieve, but never cure. Best results come from CATARRHOZONE, which cures Asthma after hope is abandoned. It is because Catarrhozone kills the Asthma germ that it cures. Choking spells and labored breathing are relieved, suffocating sensations and loss of breath are cured. Every case of Asthma is driven from the system, and even old chronic expiratory troubles get immediate relief and lasting cure. Really good for Bronchitis, Throat Trouble and Catarrh. The large one dollar outfit includes the inhaler and lasts two months. Sold by all dealers or from Kingston, Canada, Catarrhozone Company, Kingston, Canada.

A TALK ON RHEUMATISM

Telling How to Actually Cure This Common and Painful Comedy.

This article is for the man or woman who suffers from rheumatism who wants to be cured, not merely relieved—but actually cured. The most the rheumatic sufferer can hope for in rubbing something on the tender, aching joint, is a little relief. No lotion or liniment ever did or can make a cure. The rheumatic poison is rooted in the blood. Therefore rheumatism can only be cured when this poisonous acid is driven out of the blood. Any doctor will tell you this is true. If you want something that will go right to the root of the trouble in the blood, take Dr. Williams' Pink Pills. They make new, rich blood, which drives out the poisonous acid and cures rheumatism to stay cured. The truth of these statements has been proved in thousands of cases throughout Canada, and the following cure is a striking instance. Mr. Henry Smith, St. Jerome, Que., says: "For upwards of a year I was a victim of rheumatism in a most painful form. The trouble was located in my legs and for a long time I was so bad that I could not walk. The sufferings which I endured can only be imagined by those who have been similarly afflicted. Doctors' treatments did not help me and then I began trying other remedies, but with no better results. Finally I was advised to try Dr. Williams' Pink Pills, and although I had begun to lose faith in medicine, I finally decided to give the pills a trial. I am very grateful now that I did so, and after taking eight boxes of the pills the trouble completely disappeared. I was free again from pain and could walk as well as ever I did in my life. I have since taken the pills occasionally as a precautionary measure, and I cannot speak too highly in their favor."

Dr. Williams' Pink Pills cure all the troubles due to weak, watery blood or broken down nerves. You can get these pills through any dealer in medicine, or by mail postpaid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

MARKET REPORTS

TORONTO MARKETS.

FARMERS' MARKET.

Dairy Produce—Butter, cream, dairy, 30 lbs. \$9.25
Eggs, new-laid, doz. 1.15
Live Poultry—Turkeys, 10 lbs. 0.15
Do, Spring, 10 lbs. 0.12
Fowl, lb. 0.11
Geese, spring, 10 lbs. 0.12
Ducklings, 10 lbs. 0.10
Spring chickens, lb. 0.11
Dressed Poultry—Turkeys, 10 lbs. 0.20
Do, Spring, 10 lbs. 0.15
Fowl, lb. 0.11
Geese, Spring, 10 lbs. 0.12
Ducklings, 10 lbs. 0.10
Spring chickens, lb. 0.11
Squabs, per doz. 0.90
Fruits—Pears, bbl. 0.40
Apples, per bbl. 0.30
Snow apples, 11-qt. bbl. 0.35
Crab apples, 11-qt. bbl. 0.40
Vegetables—Beets, per bush. 0.00
Carrots, per bush. 0.00
Turnips, per bush. 0.00
Farsipars, per bush. 0.00
Spring crows, 10 lbs. 0.10
Cabbages, per doz. 0.00
Potatoes, per 50-lb. bag. 0.00

MEATS—WHOLESALE.

Beef, forequarters, cwt. \$10.00
Do, hindquarters, cwt. 11.50
Calfs, choice, cwt. 11.50
Pig, common, cwt. 9.50
Veal, common, cwt. 11.50
Do, medium, cwt. 11.50
Do, prime, cwt. 16.00
Spring hogs, cwt. 12.50
Shop hogs, cwt. 14.50
Butcher hogs, cwt. 15.50
Mutton, heavy, cwt. 14.00
Do, light, cwt. 14.00
Lamb, Spring, lb. 0.17
Veal, lb. 0.13

SUGAR MARKET.

Wholesalers quote on Canadian refined sugars, Toronto delivery, as follows: Royal Acadia, granulated, 100 lbs. 7.25
Lantic, granulated, 100 lbs. 7.25
Roupath, granulated, 100 lbs. 7.25
St. Lawrence, granulated, 100 lbs. 7.25
Dominion, granulated, 100 lbs. 7.25
St. Lawrence, clover, 100 lbs. 7.25
Lantic Blue Sugar, 100 lbs. 7.25
No. 1 yellow, 100 lbs. 7.25
Dark yellow, 100 lbs. 7.25
30-lb. bags, over granulated, 200 lbs. 20-lb. bags, over granulated, 200 lbs. Two and five-pound cartons, 200 over granulated bags.

LIVE STOCK

Trade was less active, but prices were firm.

Export cattle, choice, 7.90
Butcher cattle, choice, 6.00
Do, medium, 5.00
Do, common, 4.00
Butcher cows, choice, 6.00
Do, medium, 5.00
Do, common, 4.00
Do, bulls, 3.00
Selling steers, 4.00
Stocks, choice, 6.00
Do, light, 5.00
Milkers, choice, each, 10.00
Springers, 8.00
Sheep, ewes, 2.50
Bucks and culls, 1.50
Lamb, 3.00
Hogs, fed and watered, 10.00
Calves, 5.00

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.

Wheat—Open, High, Low, Close
Nov. 1.25 1.25 1.25 1.25
Dec. 1.25 1.25 1.25 1.25
May 1.25 1.25 1.25 1.25
Oats—
Dec. 0.65 0.65 0.65 0.65
May 0.65 0.65 0.65 0.65
Flour—
Nov. 2.25 2.25 2.25 2.25
Dec. 2.25 2.25 2.25 2.25
May 2.25 2.25 2.25 2.25

DULUTH GRAIN MARKET.

Duluth—Wheat—No. 2 hard, \$2.00; No. 1 Northern, \$1.95; No. 2 Northern, \$1.94 to \$1.96; Lined—Cash, on track, \$2.20; November, \$2.30; December, \$2.75; May, \$3.55 1-2.

LIVERPOOL MARKETS.

Wheat, spot steady.
No. 1 Manitoba—16s, 2 1-2d.
No. 2 Manitoba—16s, 1 1-2d.
No. 3 Manitoba—16s, 6 1-2d.
No. 1 Northern—16s, 11 1-2d.
No. 1 Northern—16s, 11 1-2d.
Corn, spot firm.
American mixed, low—12s, 9d.
Flour, winter, quiet—10s, 6d.
Flour in London (Pacific Coast)—4s, 10d.
Rams, short cut, 14 to 16—10s.
Bacon, Cumberland cut, 26 to 30 lbs.—7s.
Clear hedges, 14 to 16—10s.
Long clear middles, light, 25 to 24 lbs.—Nominal.
Long clear middles, heavy, 25 to 40 lbs.—Nominal.
Short clear backs, 16 to 20 lbs.—Nominal.
Shoulders, square, 11 to 13 lbs.—32s.
Lard, prime western, in tierces, new—5s, 6d.
American, refined—5s, 6d.
Chinese, Canadian, finest, white, new—Colored—7s.

HEE

"Don't be an old miser with a grudge. Buy a concert for your family. The trouble of going. Order my carriage. Get an enjoying yourself."

The song went on amidst, from this point, once, then arose a murmur, and a professional, "Didn't know you'd go all," "didn't know you'd go all," and bewildered rector.

"Professional! My exclaims the rector, 'I—assure you, no, no, no. Mr. Warner, is a Delamere,' he brought 'roduction'."

The captain shakes his head, and says, "I don't think you are mistaken. I think you are mistaken. Lord Delamere's."

Signa sat beside the shadow thrown by the listening to the sweet pleasure, now it was a thanks that she looked him as he left the piano fore her.

"Thank you," she said. "It was all too wonderful voice you know what they are so eyes gleamed with pleasure, now it was a thanks that she looked him as he left the piano fore her.

"I suppose so," he most entirely by ear, rectly, as a rule, but my best."

There was a sign, tone that made Signa not go out on the puts, his hand on opens it. "Will you for a breath of fresh air."

Signa hesitates a glides out and stands for them stretches silver river running sea. There is no light, and here a shine faintly through. It is a lovely scene, stands and looks at of peace and happiness. In her ears of the Spanish love, stands the man who much sympathy. ing that pervades his feeling of half fear, light, that she clings to almost a should fade and vanish the reason for the love. The soft summer love, love's breath warm, balmy breeze ward from the lips. Signa does not think to happy with him, to think of a man be. He stands behind of a chair, which upper angle, and too, but not on a fairer picture which lies below. Her beautiful face, his life, and what has he who calls her been moved by as has been her. Has struck home? concluded that he struck at. The young presence, I swam and moved, sunk into his arms, which burns to be the last love, ence.

And yet he st most a tragic surface.

He longs with of a nature little take her in his arms. Get not a word. Not so father would be situated devoid of his patron's sign of the soft.

THE FOR

When in I to visit King Gifts. See of Art Pottery, tique Furniture will be made

ROBE

62 KING ST.