he Passing of Winter Leaves People Weak and Depressed.

As winter passes away it leaves my people feeling weak, depressed and energy tired. The body lacks that vital force and energy which pure lood alone can give.

Dr. Williams' Pink Pills for Pale People-are an ail-year round blood builder and nerve tonic, but they are scially useful in the spring. Every dose helps to make new, rich, red Returning strength commences with their use and the vigor and cheerfulness of good health quickly follows.

There is just one cure for lack of seed and that is more blood. Food is the material from which blood is made but Dr. Williams' Pink Pills double the value of the food we eat. They give strength, tone up the nach and weak digestion, clear the complexion of pimples, eruptions and boils, and drive our rheu-

If you are pale and sallow, if you feet continually tired out, breathless after slight exertion, if you have headaches and backaches, if you are irritable and nervous, if your joints sele, if your appetite fails and food does not nourish nor sleep refresh you, Dr. Williams' Pink Pills will make you well and strong. To build up the blood is the special purpose of Dr. Williams' Pink Pills, and that ie why they are the best spring medicine. If you feel the need of a tonic at this season give Dr. Williams' Pink Pills a fair trial, and you will rejoice in new health, new strength and new energy. Do not let the trying weather of summer find you week and ailing. Build yourself up now with Dr. Williams' Pink Pills-the pills that

Ask for Dr. Williams' Pink Pills for Pale People, and do not be persuaded to take something else. If your dealer does not keep these pills they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.



April, 14, 1918, Lesson II. Jesus Requires Confession and Loyalty.--Mark 8, 1-9, 1,

Commentary.-I. Miracles was still in/ Decapolis, He performed tude. His great works had attracted and children to feed. As in the former him again and his vision was clear.

from Bethsaida, where he had healed of Jerusalem in the year A. D. 70. s blind man, along the course of the Jordan. He sought retirement for one of the most important crises of mis earthly ministry. Clesares Philippi-The ancient name was Paneas from the pagan deity Pan, but the his apostles? Why did he ask it? What city was rebuilt by Herod Philip, who was their answer? Who did Peter say samed it Caesarea in honor of Tiber- Jesus was? Whot prophecy did Jesus tes Cacsar. It was called Caesarea utter regarding himseif? Why did Phillipi, or Philip's Caesarea, to distinguish it from the Caesarea on the Mediterranean. This was largely beyoud the region of Jewish influence and the farthest north that Jesus journeyed. whom do men say that 1 am-The question was asked to draw cat the opinions of the disciples and to prepare them for the great subjects to be presented. 28. they answeredsome said John the Baptist had reto life. Some thought that he cile (the Greek form for Elijah),



who was to be the forerunner of the lah; and others said he was one of the prophets risen again (Luke 9: 19). It appears that the thought that Jesus was the Messiah did not prevail among the people. 29 whom say ye that I am-This was a natural question to ask at this point. Jesus would now have the disciples declare how they had been impressed by hisleaching, his miracles and his personal influence. Peter answereth-Peter was the spokesman of the discipies, not only on this occasion, but generally. His impulsive nature and dis quickness of apprehension ravored this practice. it was thought that he was the oldest of the tweive. Although Peter answered the question, his reply expressed the sentiment or them all. thou are the Christ-Christ is the Greek word for "anointed." and Messiah, the Hebrew for the same idea. There was no hesitancy and no uncertainty. The declaration was positive and emphatic. Matthew adds the words, "The Son of the living God" (16: 16). This denotes the nature of Jesus in his relation to the Godhead. There is fully implied in this statement the fact of his deity, as the former statement declares his office, as the Messiah. 30. tell no man-The time for his full manifestation bad not yet come, and he was not willing to provoke the Jewish malice or the Roman envy, by permitting his disciples to announce him as the Saviour of a lost world.

III. Christ Fortells His Death (vs. 31-33). 31. he began to teach them-What had already been said prepared the way for Jesus to make clear the great fact of his sufferings, death and resurrection in the fulfilment of his mission. He had on several occasions spoken of his death (John 2: 19; 3: 14; 6: 51; Matt. 9: 15), but now he foretells his death in unmistakable language. Suffer many things, etc.-The opposition would constantly increase and culminate in His death at the hands of the highest official of the Jews. Rise again-Here are expressed a prophecy and a promise of His resurrection. 32. openly—The word is used in the sense of plainly, not, publicly. Peter took him-Aside. Began to rebuke Him-Peter's impulsiveness again asserted itself. He could not reconcile the course Jesus had declared was lying before Him with the great fact of His Messiahship. 33. Get thee behind me. Satan-Jesus did not call Peter Satan, but indicated that Peter's rebuke emanated from Satan. Satan put the words in Peter's mouth. and Jesus used the same language He did at the temptation in the wilderness. Thou mindest not ('2.V.) -Peter's words showed very clearly that he had failed to grasp the nature and completeness of Christ's work as the

world's Redeemer. IV. Following Jesus (8:34-9:1). 34. Called the people ....with His diswarnings (vs. 1-26). 1-9. While Jesus ciples There were those who gathered in the wilderness that they might a second miracle of feeding the multi- be near to Jesus. They were apparently at some distance from him and the seople to him in large numbers. His disciples when He called them to When the people had been with Him Him. Whosoever will come after methree days, and had nothing to eat, The word "will" is not the sign of the He had compassion upon them. The future tense here, but expresses deter-He had compassion upon them. The future tense here, but expresses deterdisciples had only seven loaves and mination. Whoseever wills to become ment. The value of the higher life The way to cook them is to pot them. men, besides women self He must refrain from every wrong, and deny himself every lawful miracte Jesus took the food and gave thing that would hinder his progress thanks, and gave it to His disciples in thilowing Jesus. Take up his crossto distribute to the hungry multitude. Be ready to suffer whatever is neces-There were twelve baskets of frag- sary by virtue of being a disciple of ments gathered up in the former mir- Christ. 35. Whosoever will save his sele and only seven in this, but the life is determined to secure for himbackets mentioned in the former mir- seif ease and temporal advantages. sele were small wicker ones, while Shall lose it-Shall lose the higher this they were rope baskets, large good, the salvation of the soul, by tryand strong. The latter was the kind ing to obtain earthly good. Shall lose of basket used in letting Paul down his life—is determined to sacrifice over the wall of Damaseus (Acts 9., temporal good for eternal. Shall save 25, 10-13. Jesus and His disciples it—Shall save his soul and shall secrossed the Sea of Galilee to the west cure all the earthly good that is neside to Daimanutha, a place whose lo- cessary. 26. Gain the whole world, cation is not definitely fixed, but pro- and lose his own soul-if it were posbably in or near the plain of Gennes sible for one to become owner of the aret. Here the Pharisees asked Jesus material world, and in so doing lose to give them a sign, some extraordin- his life, his loss would be great; but if ary phenomenon, in proof of His he should lose his soul, the spiritual Messiahship, but He declared that no life his loss would be infinite. 37. in sign such as they sought would be exchange for his soul-The soul forgiven. 4-21. He and His disciples soon letted can never be restored. 38. returned to the east side of the sea. On ashamed of me and of my words It this journey Jesus warned His follow- is a deplorable fact that mortal man, ers against the leaven of the Phart- full of sin and of little worth, should sees and that of Herod, that ir, He be so puffed up in his own sight as warned them against hypocrisy and to be ashamed of the infinitely mighty worldly ambition. 22-26. In Beth- and holy Christ. Adulterous...genera-Julius on the northeast shore of the tion-People untrue to God and es-Sez of Gaillee, Jesus healed a blind tranged from him. Of him also shall man in a way not common in His min- the Son of man be ashamed-Jesus stry. The healing was gradual. The as Judge will forever disown him. blind man's friends brought him to Corneth in the glory of His Father-Jesus, who moistened His eyes with Christ will come in glorious majesty. epittle and placed His hands upon and will reward every man according him. The man's eyesight was so far to his works, I. Jesus declared that restored that he saw men as trees some of the disciples should see the walking. Jesus put His hands upon kingdom of God coming "with power." Three saw Jesus transfigured six cays went out-Jesus and his disciples later, all but one witnessed his resur-II.—Peter's confession (ve. 27:30). rection and were present at Pentecost. went in a northeasterly direction and some lived after the destruction

QUESTIONS. -Describe the miracle of feeding the four thousand. Describe the healing of the blind man at Bethsaida-Julias. Where was Caesarea Philippi? What question did Jesus ask Peter rebuke Jesus? What are the conditions upon which one can be a follower of Jesus?

PRACTICAL SURVEY. Topic.—Conditions of Discipleship.

I. Confessing Christ's div.nity. il. Discipleship exemplified.

I. Confessing Christ's divinity. The question which Jesus asked his disciples shows now dear to him is the personal faith or an individual, and how essential to salvation is the right apprehension of his character as the Redeemer. Jesus did not cater to public opinion, yet he sought to have men form a clear and right conception conterning him. He examined his disciples on this most important of all questions in order to draw from them/ definite confession of their faith. He put them in a different class from the multitude, and at the same time taught them that it was part of their duty to be interested in the spiritual welfare of their fellow men. Peter's

short but illustrious statement con-

tained the whole truth with respect to the person and sork of Christ. He

asserted the divinity as well as the humanity of Christ. This was the first

srest confession of faith that has

down to us through the ages.

Hours change for his soul?" Rain in the Country. Hear the patter of the rain. Pitter, patter, On the flashing fire-lit pane. Hear the honeysuckle creek. As the winds its secrets seek, Indigestion, Stomach Disorders, Appendicitis and Kidney Stones are often caused by Gall Stones, and minlead people until those bad attacks of Gall Stone Colic appear. Not one in ten Gall Stone Sufferers knows what is Patter, patter, the trouble. Mariatt's Specific will cure without pain or oper-

Jesus affirmed the divinity of his redemptive mission, and assured Peter than his profession of faith was a rich source of happiness to him. He declared that the truth which Peter confessed should never be lost to the great body of his faithful ones. Peter did not come to possess that great truth by nature, education or even by witnessing Christ's miracles. It was the direct act of the Father by which Peter was thus enlightened. The revelation of Christ is an inward power rather than a scientific beilef. "All the glory of Christ as Mediator hangs upon the knowledge of his person." It is the prerogative of the Father to reveal his Son. The foundation of the church is an indestructible truth. Jesus represented the church as an edifice of which he is the architect and builder. The church is built upon him and not upon an idea or representation of him. in the language of the Jewish schools "to bind" and "to loose" meant to prohibit and to permit, to determine what was wrong and must not be done, and what was right and ought to be done. Jesus gave authority to every man who lives in the higher realm of truth to open up that truth to others. II. Discipleship exemplified. Jesus

Write to Dept. B. for

all particulars and some testimonials.

H.W. MARLATT&CO

SE CHILAMEST, TORONIO - ONE

pictured to his hearers a procession. himself taking the lead with his cross. toward the kingdom of heavenly glory. He summoned his disciples like a commander addressing his soldiers, going before and showing the way. A volumtary following is a condition from which there can be no deviation. Jesus very distinctly set before all men the! condition of discipleship in his school and citizenship in his kingdom. Self | Euy stall-fed pigeons. When you've

to the value of the soul by the price that has been paid for it and by the home which has been prepared for it. The atonement is the great proof of the soul's worth. It has marvellous capacities and untold possibilities. Its loss is the loss of losses, the death of deaths. No amount of earthly gain can secure the soul against death and the judgment. Plain, sober reason obliges consideration of Christ's question, "What shall a man give in ex-

Twisting through its matted vines, and the windows, how they rattle, bang

Patter, patter,
Dispoing chatter,
Trisping down the shingled roof,
Filling in its liquid woof;
How the notes each other throng,
Making up their siumber-song,
Fully of softly drowsy lines,
With their drip and rush, and gush and clatter.

Pitter, patter, Dripping chatter, Hear the night-tide of the rains.

Herbert Milton Sylvester.

NEW VERSION (Woman's World)

It is easy enough to look pleasent When the spring comes around with

When he slice and sits down in the slush. With so thorough a preparation as hand as Miller's Worm Powders the mother who allows her children to suffer from the ravages of worms is unwise and culpably careless. A child subjected to the attacks of worms is always unhealthy and will be stunted in its growth. It is a merciful act to rid it of these destructive parasites. especially when it can be done without difficulty.

OLD-TIME ADVICE TO COOKS Always have lobster sauce with sai-

And put mint sauce your roasted lamb Veal cutlets dip in egg and bread

crumb. Fry till you see a brownish red come. Grate Gruyere cheese on macaroni. Make the top crisp, but not to tony. In venison gravy, current jelly; Mix with old port-see Francatelli. In dressing salad, mind this law:

With two hard yolks, just one that's Roast veal with rich stock gravy serve. And pickled mushrooms, too, observe. Roast pork, sans apple sauce, past

doubt. is Hamlet with the Prince left out. Your mutten chops with paper cover. And make them amber brown all over. Broil lightly your beefsteak-to fry it Argues contempt of Christian diet. Kidneys a finer flavor gain By stewing them in good champagne.

Wood grouse are dry when gumps have marked 'em; -Before you roast 'em, aiways lard 'im. It gives true epicures the vapors To see boiled muttons minus capers Boiled turkey gourmands know,

course, Is exquisite with celery sauce. The cook deserves a hearty cuffing Who serves roast fowl with tasteless stuffing. Smelts require egg and

Don't put fat pork in your clam chowder.

Egg sauce few make it right, alas! Is good with bluefish or with bass. Nice oyster sauce gives zest to cod. A fish, when fresh, to feast a god! Shad, stuffed and baked is most delicious.

It would have electrified Apiclus. Roasted in paste, a haunch of mutton Might make ascetics play the giutton. But one might rhyme for weeks this

And still have lots of things to ser-And so I'll close, for, reader mine, This is about the hour I dine.

UP-TO-DATE

(Louisville Courier-Journal) "We no longer have the sollloguy on the the telephone conversation has

A Purely Vegetable Pill-The chief Pills are mandrake and dandelion, se.

Acadia granulated 100 lbs. 5 10 lbs. Pills are mandrake and dandelion, sedative and purgative, but perfectly harmies in their action. They cleanse and purify and have a most healthful effect upon the secretions of the digestive organs. The dyspeptic and all who suffer from liver and kidney silments will find in these pills the most effective medicine in concentrated form that has yet been offered to

Spic-Spanness.

Have you-A veil roll? Hangers galore? A roomy giove box?

Shoe trees aplenty? A wardrobe trunk for travelling? A set and fixed, sure nuff mending Not to speak of the same kind of a

pressing hour?

"How do you like your son's wife?" "She's a perfect darling. The first day after he brought her home she discov-

DRITO MARKETS PARMERS MARKET.

Do. seek . . . . . . . . . . . . . . . . . 6 60 Celery, Cal. bunsh . . . . . 6 60 Do., picking, bitt. Pareley, bunch ...... Do., pecis ... ... ... Radashes, bunch .. .. .. Rhubarb, bunch

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MEAT-WHOLESALE. Bee', forequarters .... 16 00 Do ; hindquarters .. .. .. Carcises, choice .. .. .. De., medium ... De., prime ... ... Heavy hogs, ewt. . . . Mutton, heavy, cwt. ..

Toronto wholesalers quote on refa-St. Lawrence, granulated 199 lbs.
St. Lawrence, granulated 199 lbs.
No. 1 yellow, Acadia 199 lbs.
No. 2 yellow 199 lbs.
No. 3 yellow Redpath, granulated No. 3 yellow 10 lbs. 8 29
No. 1 yellow St. Lawrence 120 lbs. 8 14
No. 1 yellow Redpath 200 lbs. 5 14
No. 2 yellow 120 lbs. 5 54
No. 3 yellow 120 lbs. 7 14
Atlantic, bright yellow 120 lbs. 7 14
Do 1 rilliant yellow 120 lbs. 15 Do., trilliant yellow .... 100 ibs. 

A Foe to Asthma. Give Asthma half a chance and it gains ground rapidly. But give it repeated treatments of Dr. J. D. Kellogg's Asthma Remedy and it will fall back even faster. There is mo half-way measure about this remealy It goes right to work and drives asthma out. It reaches the inmost breathing passages and leaves no place for the trouble to lurk. Have t by you for ready use.

## OTHER MARKETS

WINNIPEG GRAIN EXCHANGE Fluctuations on the Winnipeg Gran Exchange yesterday were as follows.

Oats— Open 1996, Low. Cose
May x0 992 1995, 0 22 6

Imy 0 882 9 834 9 855 6 May ..... 387 3924 387 11314 ..... 387 387 387 387 387 387 387 MINNUAPOLIS GRAINS Minneapolis.—Corn.—No. 3 yellow, \$2.20 to \$1.65 Gats.—No. 3 white, \$7.1-2 to \$1.40 for the property of the control of the cont DULUTH LINSEED. Duluth.—Linseed—\$4.12 1-2 to \$4.12 1-2 to \$4.12 1-2; to acrive. \$4.12 1-2; May. \$4.15 1-2. July, \$4.13 1-2 bid; October, \$2.55 bid. CHICAGO LIVE STOCK.

Cows and heifers .. .. 6 50 10 75 Hogs, receipts, 26,000. Market strong Light .. . . . . . . 17 40 Mixed ... 10 90 Heavy ...... 16 25 Rough ..... Pigs 13 00 1269 Buik of sales 17 35 17 85 Sheep, receipts, 6,000. Market strong 

BUFFALO LIVE STOCK. East Buffalo, Report Cattle receipts 5; steady. Crives, receipts 200; easier: \$7 to \$19.7 Hose receipts 250; easier: \$1 to \$12.7 \$17.90 to \$18.40; mixed \$18.40 to \$18.7 yorkers \$18.60 to \$18.80; tight yorkers and pigs \$18 to \$18.20; roughs \$16 to \$16.20; stage \$13 to \$14. Sheep and lumbs, receipts 240); streng Lambs \$15 to \$25.134 yearings \$14 to \$10.50; wethers \$16 to \$10; ches \$7 to \$15; mix-1 sheep \$15.50 to \$16.

TORONTO CATTLE MARKETS

Export hulls Butcher cattle, cheece Butcher cattle, medium Sutcher cuttle, common Butcher cows, choice
Butcher cows, medium
Butcher cows, canners
Butcher bulls Ferding steers Stokers choice Milkers, choice Sheep, was Bucks and cuils Hogs, fed and watered.



FIRST STAGES OF THE GERMAN OFFENSIVE.

Anxious Days

EVER in the history of this old world have the people lived under such tremendous nervous strain as to-day. Millions awake each morning in fearful dread of what the day may bring forth, and live each hour with nerves at highest tension.

While many are falling under the strain, others have found one means or another of fortifying the nervous system so as to maintain health and

The treatment most widely used is Dr. Chase's Nerve Food, popularly known as the food cure, because it feeds the exhausted nerves and stores up nerve force and nervous

Nothing breaks down the nervous system so quickly as worry and anxiety, and this is why so many people are suffering from nervous headaches, sciatic and neuralgic pains, nervous indigestion and general failure of the vital organs to properly perform their functions.

When you get so nervous that you do not rest and sleep well nights it is time to be alarmed, for it is very much easier to prevent nervous prostration. paralysis and locomotor ataxia than it is to cure these dreaded diseases.

After years of testing under the most severe circumstances Dr. Chase's Nerve Food stands in a class by itself as the most successful nerve restorative to be had. This is being provén every lay by new evidence. Ask your neighbors and friends about it and read the reports in this paper, from time to time, from persons who have been cured.

Dr. Chase's Nerve Food

Toronto. On every bex of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.