SUNDAY SCHOOL LESSON

Lesson XIII., June 30, 1918.

Jesus Christ Our Redeemer and Lord—Review.—John 10. 1-18.

Summary.—Lesson I. Topic: Christian liberty. Places: Borders of Tyre and Sidon; Decapolis. The scribes and Pharisees found fault with Jesus and His disciples for eating without first washing their hands. Jesus taught that moral defilement was from within and not from without. Jesus with His disciples went into the borders of Tyre and Sidon and He cast out the evil spirit from a young girl at the earnest request of her mother.

II. Topic: Conditions of discipleship. Places: Decapolis; Dalmatia; Bethsaida-Julias; Caesarea Philippi. In Decapolis Jesus miraculously fed a multitude of four thousand with seven loaves and a "few small fishes." Jesus and His disciples went across the lake to Dalmatia, then across to Bethsaida-Julias, where He cured a blind man.

III. Topic: Vision and service. Place: A mountain near Caesarea Philippi. Jesus with Peter, James and John went up on a mountain and was transfigured before them. Moses and Elijah appeared and talked with Jesus. Peter expressed a desire to remain there. A voice came from the cloud saying of Jesus, "This is My beloved Son; hear Him."

IV. Topic—Failure of selfishness. Places: Capernaum and other parts of Galilee. Jesus again foretold His death. The disciples talked among themselves as to who should be the greatest in the new kingdom. Jesus showed them that the way to greatness was the way of service. John reported that the disciples saw one casting out devils in the name of Jesus and he was not one of the twelve, and they forbade him.

V. Topic—The cost and the rewards of Christian service. Place: Perea, the region east of the Jordan. Jesus gave instructions regarding the sacredness of marriage. He rebuked His disciples for trying to keep the children away from Him. He showed the rich young ruler how he might obtain eternal life, and showed also how difficult it was for the rich to enter the kingdom.

VI. Topic—Jesus foretells His death. Places: Perea; Jericho. Jesus again told His disciples of His approaching death and sufferings. James and John desired to have the chief places in Christ's kingdom and the other disciples were displeased. Jesus pointed the way to true greatness. At Jericho Jesus healed Bartimaeus of his blindness.

VII. Topic—Christ the Lord of our lives. Places: Bethany; Mount of Olives; Jerusalem. On the Sunday before His crucifixion Jesus rode in triumph into Jerusalem amid the hosannas of the people. The next day He returned to Jerusalem, cursing the barren fig tree on the way. He cleansed the temple. The next day the fig tree was withered.

VIII. Topic: Religion and citizenship. Place: Jerusalem in the temple. In the parable of the vineyard Jesus foretold the treatment he was about to receive at the hands of the Jews. He silenced the Herodians, the Pharisees, the Sadducees and the scribes who opposed him. He commended the widow, who cast all she had into the treasury of the Lord.

IX. Topic. How to meet the crises of life. Places: Jerusalem; Bethany. Jesus foretold the destruction of Jerusalem and the second coming of Christ. It was at the time of the Passover and Jesus and his disciples were at Jerusalem to observe it. A feast was made for Jesus at Simon's house in Bethany. Mary anointed Jesus with costly ointment.

X. Topic: Tests of loyalty to Christ. Place: Jerusalem. Judas Iscariot plotted with Jewish leaders to betray Jesus to them. Jesus with his disciples observed the Passover feast in Jerusalem and at its close he instituted the Lord's Supper. Judas having left the room, Jesus and the eleven sang a hymn and then went to Gethsemane. Jesus prayed there, and after his prayer Judas led there the company that arrested him.

XI. Topic: Christ dying for our sins. Place: Jerusalem. Jesus was condemned by the Jewish council and Pilate gave him over to be crucified, although he believed him to be innocent. He was led to Calvary, carrying his cross, and was crucified. His disciples, the women and other sympathizers were near the cross.

XII. Topic: Christ's insurrection and the Christian's assurance of immortality. Place: Magdalene and other women come to Christ's tomb to embalm the body of Jesus. They found the tomb open and Jesus gone. The angel talked with Mary. Peter and John went into the tomb. While Mary was still at the tomb weeping, Jesus stood by her and spoke. She knew him when he spoke. She went to the disciples and told them that she had seen the Lord who was alive. Jesus later told the disciples to go forth to preach the gospel to all the world.

PRACTICAL SURVEY.

Topic.—Christ triumphant.

I. As seen by enemies.

II. As seen by his disciples

1. As seen by enemies. The passion week brought into full view the determined purpose of Christ's enemies. All the growing malice of three years found its culmination in the closing week of a life unspotted by sin. The most criminal deed of the world's history and the redemptive plan for the world were accomplished during the Jewish Passover, the feast that was binding upon God's people. It was a time of decision, a time when Jews and Gentiles revealed their signal attitude toward Christ. Signal consequences were involved in the actions of that week. While at Bethany among his friends Jesus was annointed by Mary, an act which proclaimed so much that her example remains forever as a model of piety and devotion; yet her expression brought Judas to his decision to forsake his Master. Rapidly the lines were drawn and eternal destinies fixed. The repeated efforts of the Jewish leaders seemed futile in their designs until Judas, the traitor, made their plot a success. Not one of that designing company could plead ignorance. The great Teacher had left them without excuse. He had warned them against deceiving the people. Judas had shared the closest fellowship in the chosen circle of apostles. He had been taught by precept and example the real principles of the gospel. The Roman authorities were participants in the betrayal. Pilate as a governor was sifted by the test that was put upon him, so that the world has ever since known him as a criminal in his decision against Christ. The Sanhedrin, so determined to set at naught the claims of Christ, heeded not the claims of the Mosaic law by which they claimed to be governed. They indulged in mere mockery in the trial in which they pronounced Jesus guilty of blasphemy, when his claim should have made them tremble and go in search of truth. They inflamed the people into mob violence, without any definition of the terms of conviction.

II. As seen by His disciples. At the last Jewish Passover meal, Jesus declared his knowledge of a traitor among his chosen apostles. It was an extreme moment for Judas. In the presence of his unsuspecting brethren and his compassionate Master he was free to repent and break away from his evil purpose. His withdrawal from the sacred cemetery was his decisive step. Before leaving that table where they had celebrated Israel's deliverance from bondage, Jesus instituted another supper in its place, to be celebrated in memory of His atoning death. All types were fulfilled in him. Instructions and prayer followed before he retired with the eleven into the Garden of Gethsemane. To the disciples it was to be the scene of their weakness and fear. To Jesus it was the place of his atoning agony where he suffered as man's substitute, as the bearer of sin, as an acceptable sacrifice to God. Peter's rash act defense with his sword was rebuked and his evil repaired. Jesus still provided for the safety of his disciples. The weakness of human nature was further brought out when Peter trusted in himself to act up to his standard of faithfulness, only to be driven to bitter tears of repentance.

T. R. A.

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By Breathing the Healing Balms of Catarrhozone You Are Cured Without Using Drugs.

You treat the throat through the Catarrhozone inhaler medicated air that is full of healing, soothing balsams, full of piney antiseptic essences that resemble the air of the pine woods in the Adirondacks. The piney vapor has a truly marvelous action on weak throats. It brings strength and health to the bronchitic, stops that hacking, irritating cough, prevents hoarseness and difficult breathing. You can't find anything for weak-throated people on earth more beneficial than Catarrhozone. It means heaven on earth to the man that has had bronchitis, catarrh or throat irritation. You will realize this the first time you use Catarrhozone, which is a scientific preparation especially designed for diseases of the nose, throat and bronchial tubes. Get the large size; it lasts two months, costs $1.00; medium size, 50c; sample size, 25c. All storekeepers and druggists of the Catarrhozone Co., Kingston, Canada.

SUNDAY AT HOME

EXAMPLE.

We scatter seeds with careless hand,
And dream we ne'er shall see them more;
But for a thousand years
Their fruit appears,
In weeds that mar the land,
Or healthful store.

The deeds we do, the words we say—
Into still air they seem to fleet,
We count them ever past;
But they shall last—
In the dread judgment they
And we shall meet.

I charge thee by the years gone by,
For the love's sake of brethren dear,
Keep thou the one true way,
In work or play,
Lest in that world their cry
Of woe thou hear.

—John Keble.

HE IS BEFORE ALL BLESSINGS.

The Amen: the beginning of the creation of God.—The beginning, the firstborn from the dead; that in all things he might have the pre-eminence.

The Lord possessed me in the beginning of his way, before his works of old. I was set up from everlasting, from the beginning, or ever the earth was. When he prepared the heavens, I was there; when he set a compass upon the face of the depth; when he established the clouds above; when he strengthened the fountains of the deep; when he gave to the sea his decree, that they should not pass his commandment; . . . then I was by him, as one brought up with him; and I was daily his delight, rejoicing always before him.—Yea, before the day was I am he.

The Lamb slain from the foundation of the world.—The author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

DODD'S KIDNEY PILLS

23 THE B...

How to Make Sugar-Beet Syrup

Used For All Purposes Like Other Syrups and Molasses

We have had a number of letters from correspondents asking us how to make beet syrup. The first step in making beet syrup consists in topping and cleaning the roots. As already stated, the crowns should be cut off at the point of the lowest leaf scar. The reason far this is that the crown or upper part of the beet contains a large part of the salts taken from the soil in the process of growth. It is desirable to have the syrup as free as possible from these mineral salts which, if present in too large quantities, will render the syrup unpalatable.

In cleaning the roots, they may be placed in a tub or other suitable receptacle and covered with cool water, to loosen the dirt and to make the roots more crisp. After soaking for a few minutes, until the dirt is loosened, they should be thoroughly scrubbed. A coarse brush with stiff bristles or wire is useful in this work. After the roots are thoroughly washed they should be cut into thin slices. A 3-bladed kraut cutter, securely fastened on the top of a barrel, has been used and found very satisfactory. The upper head of the barrel should be removed, so that the beet slices will fall directly into the barrel. If a kraut cutter is not at hand, any slicing device, the simplest of which is a butcher knife, will be satisfactory. The slices should be very thin. The thinner the slices the more rapidly the sugar is extracted. In some experiments slices only one-eixteenth of an inch in thickness were obtained. The slicing box of the slicer was not used, the beet being held in the hand and pressed against the blades of the slicer.

A bushel of beets will make approximately two bushels of slices, which should be placed in a barrel and covered at once with hot water. About 10 gallons of water will be required to cover them. An excess of water should be avoided, since it would increase the amount of evaporation required to reduce the solution to the required consistency. If boiling water is used, the temperature of the slices will reduce the temperature of the water to about the proper degree, that is, 158 to 176 degrees F., for the extraction of the sugar. The barrel should be covered with several thicknesses of canvas to hold the heat. The sliced beets should be permitted to soak for about 60 minutes, and the barrel should be agitated from time to time without uncovering it.

The water should now be drawn off and strained through several thicknesses of cheesecloth. No pressing is required to remove the juice from the beet. If the barrel is provided with a faucet near the bottom for the purpose of drawing off the liquid, it will be found convenient. The soaking does not remove all the sugar from the beet slices, but by far the larger part of it is extracted if the slices are sufficiently thin and the water is of the right temperature. The resulting liquid is of a light brown color, with a sweetish-bitter taste. The refuse beet slices are a valuable feed for chickens, hogs and other live stock.

The juice may be placed in a kettle or other convenient receptacle, where it should be heated slowly until it has evaporated to the proper consistency. It should be noted that evaporation depends upon the temperature, the surface of the liquid exposed, and the condition of the air above the liquid. Slow boiling is important in making beet syrup, and several hours will be required to complete the evaporating process. This may be done on the kitchen stove, or a kettle may be suspended in the open, and fire should be maintained sufficiently hot to keep the liquid boiling until the proper amount of evaporation has taken place to produce the desired consistency of syrup. Some people like a thin syrup, while others prefer a thick product. In boiling the juice, care should be taken to avoid burning. A little experience will enable one to accomplish the boiling without scorching the syrup.

While the boiling is progressing, a scum will rise on the surface of the liquid; this should be removed carefully by means of a skimmer. An old-fashioned milk skimmer, or a basin with or without small holes in the bottom, will accomplish the desired result. The skimmer should, for convenience, be provided with a suitable handle. A small straight or curved stick of proper length, split at one end and slipped over the edge of the skimmer, will serve the purpose. The object in skimming is to remove the scum as completely as possible without wasting any of the liquid. The operation removes the strong, beet-like flavor and leaves a wholesome and palatable product. The removal of the scum tends also to keep the liquid from boiling over. As soon as the syrup has reached the desired consistency and has been skimmed carefully it may be placed in cans or bottles for future use. It should be canned or bottled while hot and tightly sealed or corked to prevent moulding.

The syrup produced from beets is dark in color. This would be objectionable if the product were placed on the market, but for home use it probably would not be regarded as serious, in view of the simplicity of the process and the quality of the product. Any method of bleaching or otherwise removing the dark color would require considerable skill and some outlay of money. The flavor of the syrup is pleasant. It contains the pure juice of the beet root and is a wholesome and nutritious food, which to a certain degree should be helpful in reducing the sugar bill.

Beet syrup may be used for all purposes for which other syrups or molasses would be employed, especially for table use; for example, on buckwheat cakes, in making dark-colored cake, or in preparing certain kinds of home-made candy. If the evaporation is carried far enough and the syrup is allowed to stand, a dark sugar will settle out. This sugar will be found very satisfactory for home use in cases where refined sugar is not necessary, such as in making pies or dark colored cake.

—Canadian Countryman.

SMOK TUCKETTS ORINOCO CUT TOB... FOR PIPE USE

DEATH.

I am profoundly convinced that we preach our funeral sermons at the wrong time. We are not at the right altitude, when we are gazing at a cold corpse, and into a dark and lonesome grave. The dark, damp abyss is not inspiring, and the trouble is we wait until the last moment before me begin our meditation.

We ask what is death? It is a shadow which we shun; we turn our back instead of our front. We are enslaved by dreadful instincts instead of being hailed with a luminous intelligence. We do not think of death till we are about to breathe our last, and then we have no power of song. You can say to death, "I know not who you are, but I have learned what you are not. You are not an end, but a means; you are not a man-of-war to destroy, but a ferryboat to take me over the runnel." It is not the arrival of death, but the departure of life, that is appalling. It is not death that attacks life; it is life that wrongfully resists death.

Are you afraid of sleep? Every evening your task is done and you go to rest; when life is done, why not do the same? Teach life not to shrink, and there will be no terror at last. "We are prisoners of an infinity where nothing perishes." The body is our house, not "us." We leave the body; we never leave ourselves.

An Indian sage of long ago says:

These bodies that enclose the everlasting soul, inscrutable,
Immortal, have an end; but he who thinks the soul can be destroyed,
And he who deems it a destroyer, are alike mistaken; it
Kills not and is not killed; it is not born, nor doth it ever die.

Death is not a master, but a servant. Instead of being the dread tyrant before which all must bow, death may be regarded as life's day laborer, whose entrance on the scene can be discerned, and whose departure, when his work is done, may be predicted.

Man's most delightful hopes rest upon his moral and spiritual intuitions, and upon his moral and spiritual history. He dwells in a visible universe, which he can prove has come out of an unseen one, to which it will eventually return.

The highest thinkers everywhere recognize the spirit world as the most real and the most mighty. Spirit everywhere pervades matter and everywhere rules it. The eternal within man claims kinship without him. His desires are facts in the making. His yearning for immortality is the unborn in him groping for the light to which it is destined.

Sleep is the younger brother of death. Every time you go to sleep you leave the body and go on journeys, gather riches and have a good time. This is a proof that the body is not you. And when you move from one house to another, you say good-bye. I am going to a more commodious dwelling, where my prospect of peace is assured.

STRIKING EXHIBIT

Diverse Resources of Canada Shown at Windsor Station.

Visualizing in a striking manner a large number of the diverse natural resources of Canada, the Canadian Pacific Railway has just opened to the public an exhibit at the Windsor street station. This exhibit, which is situated in a room immediately adjoining the main entrance to the station on Osborne street, has been prepared by the collaboration of the Quebec Government and the C. P. R.

One-half comprises the Quebec exhibit, consisting of samples of the resources of the province—lumber, asbestos and other minerals, grain, maple sugar, fur-bearing animals, such as the ermine, marten, mink, fox and beaver, and fish and game birds.

The C. P. R. exhibit has been gathered from the entire Dominion. A splendid display of grains produced in the fertile fields of Western Canada is a special feature. Supplementing this is a big collection of fruits, forestry products and minerals. A number of colored transparencies show the methods used in developing the forest resources of Canada, from the primary state to the finished product, such as wooden ships. Other transparencies illustrate some of the summer resorts along the company's lines. Complete and recent statistics of all the country's resources add conviction to the display. The exhibit is installed in handsome showcases, brilliantly lit; and it is interesting to know that all the material used in the construction room is Canadian material exclusively.

It is a Liver Pill—Many of the ailments that man has to contend with have their origin in a disordered liver, which is a delicate organ, peculiarly susceptible to the disturbances that come from irregular habits or lack of care in eating and drinking. This accounts for the great many liver regulators now pressed on the attention of sufferers. Of these there is none superior to Parmalee's Vegetable Pills. Their operation though gentle, is effective, and the most delicate can use them.

Quieted Them.

There is an old story of Arthur Roberts, an English actor, which illustrates how a little presence of mind may save lives. There had been an alarm of fire in the theatre, and a panic seemed imminent. The actor walked to the footlights and addressed the audience, "Ladies and gentlemen," he said, "if there was any danger do you think I should be here?"

The wound of peace is surety, surety secure—Trailus and Cressida.

Keep your shoes neat

2 IN 1 SHOE POLISHES

LIQUIDS and PASTES

for BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES

PRESERVE the LEATHER.

THE F. F. DALLEY CORPORATION Ltd., HAMILTON, CANADA

LIKE INVERTED RAIN.

Luckily for the Aviator, He Was Out of Range of the Drops.

It will be easily understood, writes C. G. Grey in "Tales of the Flying Service," that before a bullet that has been shot straight upward begins to fall there must be a point where it stands dead still and that for the last part of its upward flight it travels very slowly. One officer of my acquaintance told me after some months of war, that his most curious experience was when once, and once only, he discovered the exact extreme range point.

He was flying along quite peacefully on a bright, sunny morning at an altitude of a little over 8,000 feet, without worrying about anything, when suddenly he saw something dart past the side of the machine. He began to look about him and saw, a shade below him and a trifle to one side, a whole stream of little bright things glittering in the sun.

Then he realized that he had just struck a level that happened to be the extreme vertical range of a machine gun that was making uncommonly good shooting. Other bullets from rifles and other machine guns also flashed into view as he flew along, and when his eyes caught the right focus he could follow the slow, topmost part of their movement for a considerable distance. "It looked," he said, "just as if it were raining upward," and the phenomenon was so novel that he quite forgot for a time that the "raindrops" indicated that he was unpopular with some one below.

Always Unusual.

"How do you account for the remarkable weather."

"Haven't tried. To be perfectly frank, I don't believe I recall more than a few months in the past ten or fifteen years when the weather wasn't being described as remarkable."

It is false economy to use cheap, inferior tea, for it yields so poorly in the teapot. Use only the genuine SALADA to secure the maximum number of cups to the pound, and, in addition, you will enjoy the unique flavor.

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Myrtle Cut T&B Geo. E. Tuckett & Son

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I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone's assistance, you can apply the best of all treatments.

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MRS. M. SUMMERS, Box S, Windsor, Ont.

HAMILTON LEADS AS USUAL

What promises to be a matter of most vital importance to Canada, as outlined by Mr. Thompson, Chairman of the Canada Food Board, has had its origin in Hamilton. This important matter is in connection with edible foods of a high standard that are practically being wasted owing to the lack of education and the matter was brought to the attention of the Food Board by Mr. J. W. Duvall, General Manager, of the Local Plant of Armour & Company, who recently came here from the United States where these products are in great demand. There is no question as to the coming popularity of the different items referred to by the Food Board and in view of the statements made by different doctors regarding these articles, there is no doubt whatever but what heretofore appears to have been a willful waste, will now become an economical and healthy food.

This is just another instance of the many facts that have come to the people of this country through the war.

MARKET REPORTS

TORONTO MARKETS.

SUGAR MARKET.

Wholesale quotations to the retail trade on Canadian refined, Toronto delivery:—

Acadia granulated	100 lbs.	$9.07
St. Lawrence granulated	100 lbs.	8.97
Redpath granulated	100 lbs.	8.82
Lantic granulated	100 lbs.	9.07

No. 1 yellow (all refineries), 100 lbs. basic, 40 cents under granulated; No. 2 yellow (all refineries), 50 cents under granulated; No 3 yellow (all refineries), 60 cents under granulated.

MEATS WHOLESALE.

Beef, forequarters, cwt.	$20 00	$22 00
Do., hinquarters	30 00	33 00
Carcases, choice	25 00	27 00
Do., common	24 00	25 00
Veal, choice	22 00	23 50
Do., common	15 00	20 00
Heavy hogs	19 00	21 00
Shop hogs	24 00	25 00
Mutton	20 00	25 00
Lambs	32 00	34 00

TORONTO CATTLE MARKETS.

Receipts: 770 cattle, 234 calves, 1281 hogs, and 482 sheep.

Export cattle, choice	$15 00	$16 25
Export cattle, medium	14 00	15 00
Export bulls	11 00	12 00
Butcher cattle, choice	13 00	14 00
Butcher cattle, medium	10 25	11 75
Butcher cattle, common	8 50	9 00
Butcher cows, choice	11 00	12 50
Butcher cows, medium	9 25	10 75
Butcher cows, canners	5 50	6 00
Butcher bulls	9 25	10 75
Feeding steers	9 00	10 75
Stockers, choice	9 00	11 00
Stockers, light	8 00	8 50
Milkers, choice	90 00	140 00
Sheep, ewes	14 00	15 00
Bucks and culls	12 00	13 00
Lambs	20 00	22 00
Hogs, fed and watered	18 00	
Hogs, f. o. b.	17 00	
Calves	14 50	17 00

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange yesterday were as follows:—

	Open.	High.	Low.	Close.
Oats—				
July	x0 85½	0 85½	0 85¼	0 85¼
Oct.	0 71⅝	0 71⅝	0 70⅝	0 70⅝
Flax—				
July	3 70	3 75	3 70	3 76
Oct.	3 23½	3 45	3 23½	3 45

MINNEAPOLIS GRAINS.

Minneapolis—Flour—Unchanged. Bran—$23.25 to $23.25. Corn—No. 3 yellow, $1.55 to $1.65. Oats—No. 3 white, 75 to 78c.

DULUTH LINSEED.

Duluth—Linseed—$3.90 to $3.92; to arrive, $3.90; July, $3.92 asked; September, $3.61 bid; October, $3.59½ bid.

BUFFALO LIVE STOCK.

East Buffalo report: Cattle, receipts 900; slow and easier.

Calves, receipts 125; steady; $7 to $18.50.

Hogs, receipts 800; heavy slow; pigs steady. Heavy, $17.50 to $17.75; mixed, yorkers, light yorkers and pigs, $17.90 to $18; roughs, $16.25 to $16.50; stags, $11 to $12.50.

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Please Mention This Paper.

NO PRIZES FOR HEIFERS

Our readers will note by advertisement of the Toronto Fat Stock Show, which appears in this issue, that they have eliminated classes for female cattle.

At a time when beef is so badly needed by all the allied countries, the management decided, although heifer classes have always been well filled, to not offer prizes which would be an inducement to slaughter female cattle, which should be utilized for breeding purposes.

A lucky man is rarer than a white crow.—Juvenal.