

## A Quick Relief for Headache

A headache is frequently caused by indigestion and the use of Dr. Martell's Female Pills will relieve the blood which is the cause of the headache. It is a simple and effective remedy. Each box contains 15 to 30 pills. Dr. Martell's Female Pills will correct indigestion and afford relief.

## SUNDAY SCHOOL LESSON

Lesson IV. April 27, 1913.

The Holy Spirit Our Helper.—John 16: 7-15; Acts 2: 1-18.

Commentary.—I. The promised Comforter (John 16: 7-15). In the course of the last extended conversation Jesus had with his disciples before his departure from them, he declared that it was to their advantage that he should go away, for by his leaving them he would send to them the Comforter, the Holy Spirit, who would abide with them. He would reprove the world of sin, of righteousness and of judgment. He would be faithful in his work of showing men their true condition and their needs. The Holy Spirit would also be a faithful guide and would lead the disciples and all who would follow him into all truth. Christ in his bodily presence was with his disciples only as they were all in one place, but the Holy Spirit would be with all who received him in all places, at all times. He would glorify the Father and would call to the remembrance of the disciples all that Jesus had said to them.

II. The coming of the Holy Spirit (Acts 2: 1-11). 1. Day of Pentecost.—The three principal feasts among the Jews were the Passover, Pentecost and the feast of the Tabernacles. At each of these feasts all Jewish males between the ages of twelve and sixty were expected to present themselves at Jerusalem. The women were permitted, but not required, to attend them. The Passover was celebrated at the time of the early barley harvest and commemorated the deliverance of the Israelites from Egyptian oppression. It also pointed forward to the sacrifice of Christ, the Lamb of God. Pentecost means fifty days. The feast of Pentecost was held fifty days after the second day of the feast of the Passover. It was held in celebration of the first fruits of wheat harvest. The Jews considered that it commemorated the giving of the law on Sinai. Fully come—According to Jewish reckoning, the day began at sunset. It was early on the following morning that the day "was fully come." All with one accord in one place—"All together in one place."—R. V. There were about one hundred twenty (Acts 1: 15) gathered in an upper room praying for and expecting the coming of the Holy Spirit.

2. Suddenly it was not unexpected. This company of believers expected the coming of the Spirit, but they did not know when he would come. A sound from heaven—The sound came from heaven. This was one of the manifestations of the Spirit. It was heard by the company of expectant believers. It appeared to them as of heavenly origin. As of a rushing mighty wind—"As of the rushing of a mighty wind."—R. V. The sound heard was like that of a strong wind, but it was not wind that made the sound. The symbol of the Spirit is the wind or breath. It—the sound filled the house. 3. There appeared—The manifestation was not only audible, but there was also a visible sign of the Spirit's presence. Cloven tongues—There were seen what appeared like tongues of fire upon the worshippers. Fire is the symbol of the Holy Spirit, and spiritual power was well represented by the partial flames.

4. They were all filled with the Holy Spirit—They had all met the conditions and all were filled. They had different capacities, different natural dispositions and different tastes, but they were all filled with the Holy Spirit. Peter, the impulsive disciple, was there and he was filled. Thomas, who had been doubtful about Christ's resurrection, was in the company and he was filled. Not one failed of receiving the fulfillment of the promise of the Father. They had been converted and their names were written in heaven before this. The coming of the Holy Spirit to them brought clearer spiritual vision. It brought to them the full sanctification of their souls. It brought to them a power for their work which they had never had before and which they could have obtained in no other way. Began to speak with other tongues—As there were persons of many different tongues present, the Spirit gave the baptized followers of Jesus the ability to give them the gospel message in their own language.

Dwelling at Jerusalem—Jerusalem was the centre of the world then, as well as it is now, to Jews, and they had come from every nation to live there and to be buried near that sacred place. Devout men—Simeon is spoken of as devout (Luke 2: 25), as also were those who carried Stephen to his burial (Acts 8: 2). They were truly religious men. Out of every nation—The Jews were widely dispersed, and from near and distant nations many had come to Jerusalem for a permanent abode. 6. When this sound was heard—"When this sound was heard."—R. V. The thought is not that the report of the marvelous manifestations which attended the coming of the Holy Spirit spread through the city, but the sound like the rushing of a mighty wind was heard outside the house. The multitude came together—They were attracted to the place by the extraordinary occurrence. Confounded—They were perplexed. They came to discover the source and purpose of the strange sound and they heard the followers of Jesus speaking in the various languages used by the multitude.

7. Gallileans—Most of the Jews who followed Jesus were from Galilee, and the multitudes supposed all would speak the dialect peculiar to that region. They were greatly amazed to hear them speaking in other tongues. 8. Wherein we were born—It is probable that all the Jews present understood the Hebrew language of their respective countries, and they wondered at the ability of the disciples to speak these various languages.

III. The prophecy fulfilled (Acts 2: 12-18). 12, 13. What the people who were there assembled heard and their immediate conclusion was that the disciples and others upon whom the Holy Spirit had come were intoxicated. 14. Peter, standing up—Peter was the spokesman of the little company of the disciples with the eleven—There were but eleven disciples since Judas had committed suicide because of remorse for having betrayed Jesus. Hearken to my words—Peter had an answer to the accusation that the disciples were intoxicated, and a gospel message for the people. 15. Third hour of the day—Nine o'clock. It was not customary to begin drinking in the morning. 16. Spoken by the prophet Joel—Peter was familiar with the scriptures and the Holy Spirit brought to his remembrance the words he should speak. 17. I will pour out of my Spirit—The apostle was made to understand that what had just transpired was the fulfillment of the prophecy uttered by Joel and recorded in Joel 2: 28, 29, shall prophesy—To prophesy is either to foretell future events or to deliver the message God gives. See visions. . . . dream dreams—The Holy Spirit would give to all a knowledge of privilege and duty. 18. servants . . . handmaids—These terms were applied to slaves. The Holy Spirit would come upon all, even the lowest, and would exalt them into fellowship with God and with one another.

Questions—When was Pentecost? How many days after the ascension? Who besides the apostles met together? For what purpose? How did the Holy Spirit first indicate his coming? What followed the sound? What was indicated by the tongues? Who gathered to hear the disciples speak? How would that help to spread the gospel? Who addressed the people at Pentecost?

PRACTICAL SURVEY.

Topic.—What the Holy Spirit does for us.

I. Who he is.

II. What he does.

I. Who He is. The doctrine of the Trinity is a distinctively Christian possession. It is not a discovery, but a disclosure; and originates not in reason, but revelation. In the Christian conception of Deity there exist in mysterious unity three complete and inseparable, but distinct Persons: the Father, the Son and the Holy Spirit. All were immanent and active in the work of creation, and all were engaged and their resources enlisted in the greater work of human redemption. Each occupies his own peculiar and efficient sphere in relation to the Father. In his progress, the moral administration of the world has been divided into three great periods called dispensations, the full, final and crowning one, which, that of the Holy Spirit, is now in progress. It commenced at Pentecost and continues until the end of the age. The distinct personality of the Holy Spirit is recognized in the scriptures and is made especially and appropriately prominent in the teachings of the new Testament, in which a definite office is assigned Him. He was the author of the light which shone upon the Old Testament prophets concerning Christ and inspired them to write (1 Peter 1: 11). The Holy Spirit was active in Christ's own life, descending upon

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## HOT PANCAKES! Yes, But -- What are pancakes worth without syrup? It is the syrup that gives the flavor; and there is no other syrup that tastes just as good as CROWN BRAND CORN SYRUP

For hot pancakes, hot biscuits and muffins and a dozen other Table and Kitchen uses, housewives with the widest experience use Crown Brand every time—the golden syrup with the case flavor.

For Marmalade and other preserves, we recommend our LILY WHITE Corn Syrup



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Him with an anointing of power at His baptism (Acts 10: 38). In his later discourses Jesus repeatedly referred to Him, and gave promise of His coming to His disciples, for which they were commanded to "tarry." This received its fulfillment on the day of Pentecost. He is declared to be the representative of Christ after His departure. He is to abide with God's people forever, and His peculiar office is as a Dispenser of the benefits of the atonement. He is sent by the Father and the Son (John 14: 16; 16: 7). In the baptismal formula, and the apostolic benediction He occupies a place beside the Father and the Son, while distinguished from both. As the Son reveals the Father, so the Spirit reveals Christ.

II. What He does. It is the prerogative of the Holy Spirit to unfold and apply the provisions of redeeming grace. He is the Executive of the atonement and has a permanent and world-wide mission. In some manner and measure He visits every responsible member of the race (1 Cor. 12). Apart from his agency human nature is hopelessly incapable of either de- or movement toward God. He convicts "of sin, and of righteousness, and of judgment. He only can reveal the heart to its possessor (Jer. 17: 9), and He alone can disclose the astounding sufficiency of Christ. In every stage of the Christ process the immediate agency of the Spirit is indispensable. Personal Christianity is neither commenced nor continued apart from His ministry. He regenerates, sanctifies, witnesses, instructs, re-proves, comforts, empowers and seals; and imparts "severally as He will" the gifts necessary for the work of the kingdom. All spiritual blessings come to the believer by reason of his conception of the Holy Spirit. We are warned against grieving, quenching or doing despite to the Holy Spirit. The only unpardonable sin is against Him. His abiding fullness is the privilege and obligation of every believer (Eph. 5: 18). W.H.C.

Corns Are Like Knots. Year by year they grow larger and incidentally more painful. Why suffer when you can be cured for 25c spent on Putnam's Corn Extractor? Fifty years in use and guaranteed to cure. Use Putnam's Extractor, 25c at all dealers.

## 17-YEAR LOCUST DUE TO ARRIVE DURING SUMMER

One of Largest Invasions of the Pest Yet, is the Prophecy.

WRONGLY NAMED

Young Fruit Trees May Be in Danger From Them.

The most interesting insect in the world, the periodical cicada, is going to be seen, perhaps in very large numbers, during the coming spring and early summer over large regions of North America, where this brood has not appeared before for seventeen years ago. This is the insect commonly referred to as the "seventeenth year locust," a name that is incorrect in at least two particulars. It is not the locust at all, that name being properly applied only to members of the grass-hopper family, and while it has a seven-year period, it also has a thirteen-year period. It has been so long misnamed by the name of locust, however, that there is no hope of divesting it of that incorrect appellation, and in the regions where there is the longer period of recurrence it will continue to be known as the "seventeenth year locust," and in the areas of the shorter recurrence period as the thirteen-year locust. The scientifically accepted name of periodical cicada, therefore, is the only one that exactly fits. The life of an adult cicada is noisy and short; they are indeed the noisiest insects in the world, Darwin recording the fact that he had heard them when anchored in the Beagle a quarter of a mile from shore. The sound-making organs, which the males possess fully developed and the females only partly, are a very complicated apparatus. It has been said that the sounds were produced by the insect rubbing its hind legs against its wings, but this is hardly well demonstrated, as he seldom produces sound when near enough for observation. MOST INTERESTING INSECT. The statement that this is the most interesting insect in the world will hardly be questioned, and it is the most interesting because it is most anomalous, or possibly because it has always appeared to be so mysterious. The fact that it appears in countless numbers one year, then is not seen for half the average lifetime of human beings, and then suddenly appears again in countless numbers has kept the popular mind mystified and has woven many superstitions about the cicada. When it is known that the insect spends the thirteen or seventeen years in slow development beneath the ground and emerges almost exactly the same spot where it entered thirteen or seventeen years before, then the mystery disappears, but the interest, if anything, is intensified. One of the queerest things in nature is that in spite of such extremely slow growth in their subterranean habitat all the millions of individuals attain maturity and burst from the ground at almost the same moment. The eggs are deposited in the limbs of trees or shrubs. The young hatch out in a few weeks. They drop to the ground, and begin their long subterranean existence. They are supposed to feed on the sap in the roots of trees, but as they penetrate to as great a depth as twenty feet below the surface, little is known of that part of their life history and nothing of the manner of transformation of the larva to the pupa. The pupa is about ready to emerge, when the ground constructs a chimney of earth several inches in height. The pupa crawls out of the ground, fastens itself to some firm object as a fence or tree trunk, the skin splits down the back, and through this the adult winged insect emerges. The pupa skin, when dried, still retains the shape of the pupa and may be found attached to the support days after the adult has flown away. Every "locust year" is, in some sort, a year of fear and dread. It appears to have been so with the savages and has remained so with their civilized successors, notwithstanding the fact that the cicada has been under investigation for well over 200 years, and the appearances of the swarms are foretold by astronomers as accurately as eclipses of the moon are foretold by astronomers. People have fancied that they could detect in the cry of the cicada a resemblance to the name of the monarch Pharaoh, who persecuted the Jews, and that occult belief or fear added to the somewhat dolorous sound has served to make the cry of the cicada generally unwelcome. Very long ago some superstition attached to the dark bars of the filmy wings. These bars are always the shape of the letter W, but few people remember that through a period of thirteen or seventeen years, and great significance is attached to it at each recurrence. Some prophet has arisen always to announce that the W on the locust's wing means "war." Since this outbreak will come just at the conclusion of the greatest war, and

when even the imagination of the war prophet could hardly conjure up the likelihood of another one, some new explanation will have to be found this time. But no doubt the cicada will, as usual, be greeted as a harbinger of disaster, and as usual, there will be reports of deaths caused by stings of the cicada, a belief that has persisted in spite of positive proof that the cicada has no sting, and only by the extremest accident could it inflict a wound either with bill or ovipositor, and that it could not, in any case, inject poison.

YOUNG TREES IN DANGER. Upon every appearance of large broods of the cicada, fear is aroused that trees will be destroyed, particularly young trees of the fruiting and ornamental sorts. There would seem to be some ground for such a fear. The number of the insects is so tremendous that one can hardly understand how they can deposit their eggs in the young and tender branches of the trees without killing them. Yet the fact remains that there have been outbreaks of cicadas in some of the years since this country was discovered and that no very grave damage ever has been done. Very young fruit trees sometimes are killed or seriously injured, but little or no permanent injury is done to forest trees or mature trees of any kind, and measures of protection can be employed that will save the young and tender stock from serious injury.

Even such as the coming 1919 brood of locusts may be one of the largest on record, it is particularly important to allay excessive fear of destruction to timber as well as to have people on their guard, so that the few preventive measures possible may be applied. The belief that the 1919 brood will be exceptionally large is based on the fact that the seventeen-year brood, coming on this year, is brood No. 10, perhaps the largest of the seventeen-year broods, and that brood No. 13 of the thirteen-year family comes out at the same time. The year 1888 was the greatest locust year in history. In that year brood No. 1, the largest of the thirteen-year broods, appeared in conjunction with brood No. 10, the two combining to make an unprecedented infestation. The coincidence of the largest seventeen-year brood this year will not bring about conditions approaching those of 1888.

The two broods due this year are brood No. 10, which belongs to the seventeen-year family, and brood No. 1, which belongs to the thirteen-year family. The former will appear mostly in northern territory and the latter in southern territory.

State of Ohio, City of Toledo, Lucas County—  
I, Frank J. Cheney, make oath that I am a senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1913.

(Seal) J. W. Gleason, Notary Public.

CHAIRMAN MEDICINE is taken internally and acts through the blood. The mucous surfaces of the System.

Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

The Strange Rumani.

Among the Albanians lives a fragment of a strange people who call themselves Rumani, said to be descendants of the Romans—of that fifth Roman legion which dispersed and was scattered along the old highway stretching from Durazzo to Constantinople. This great road of ancient Rome (via Egnatia), called at its beginning the appian Way, passes southeast, through Italy to Brindisi; begins again at Durazzo, runs thence through Elbasan by Lake Ocrida to Krusha, and on to Monastir and Voden; thence to Saloniki and beyond to Constantinople.

The Rumani are very proud of their origin, and answer the question of race by saying, "I am a descendant of the Romans." They are a simple, pastoral people, not given to robbery or brigandage. Their primitive little villages of stone are frequently seen high on the mountains, often perched on high summits. A large colony of them, known as Vichis, live on the slope of the Pindus Mountains in sight of Liascoviki, but far away across valley and gorge.

From the heights where they graze their flocks in summer, the Rumani descend into the valleys in winter, and on the road men, women and children, surrounded by their hundreds of sheep and goats in search of grazing lands, from a picture of the life that reminds us of the days of Abraham.

There is said to be some 80,000 of these Rumani, but who really knows their number, scattered as they are over hundreds of mountain peaks, in inaccessible villages or caves and moving from place to place?

RAISED PORK PIE

If You Eat Pork It Is Well Worth Trying.

To make a raised pork pie take a pound of six ounces of lard, one gill of water, one pound of pork, one-half pint of stock on water, one teaspoonful of pepper, one and one-half spoonfuls of salt, one-half ounce of gelatin, one egg, sieve the flour and a pinch of salt into a basin; make a well in the centre. Put the lard and water into a pan, bring to the boil and pour into the flour; stir in with a wooden spoon; flour a board, turn the mixture on to it, and knead well. Keep back a piece for the lid, keeping it in a warm place. Roll out and line a pork pie mould with it. Fill with the cut into a neat disc, and make a hole in the centre, decorate with leaves of pastry, brushed with egg or milk. Bake in a hot oven the first twenty minutes, then lower the heat and bake about two and a half hours longer. Dissolve the gelatin in the stock, and when the pie is cold pour it through the holes gradually. It is best to use a funnel to pour the stock through, or it may spill on the pastry.

AVOID COUGHS and COUGHERS! Coughing, Sneezing, Sore Throat, etc. SHILOH 30 DAYS' FREE TRIAL. BEST REMEDY FOR CHILDREN.

When even the imagination of the war prophet could hardly conjure up the likelihood of another one, some new explanation will have to be found this time. But no doubt the cicada will, as usual, be greeted as a harbinger of disaster, and as usual, there will be reports of deaths caused by stings of the cicada, a belief that has persisted in spite of positive proof that the cicada has no sting, and only by the extremest accident could it inflict a wound either with bill or ovipositor, and that it could not, in any case, inject poison.

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Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

The Strange Rumani.

Among the Albanians lives a fragment of a strange people who call themselves Rumani, said to be descendants of the Romans—of that fifth Roman legion which dispersed and was scattered along the old highway stretching from Durazzo to Constantinople. This great road of ancient Rome (via Egnatia), called at its beginning the appian Way, passes southeast, through Italy to Brindisi; begins again at Durazzo, runs thence through Elbasan by Lake Ocrida to Krusha, and on to Monastir and Voden; thence to Saloniki and beyond to Constantinople.

The Rumani are very proud of their origin, and answer the question of race by saying, "I am a descendant of the Romans." They are a simple, pastoral people, not given to robbery or brigandage. Their primitive little villages of stone are frequently seen high on the mountains, often perched on high summits. A large colony of them, known as Vichis, live on the slope of the Pindus Mountains in sight of Liascoviki, but far away across valley and gorge.

From the heights where they graze their flocks in summer, the Rumani descend into the valleys in winter, and on the road men, women and children, surrounded by their hundreds of sheep and goats in search of grazing lands, from a picture of the life that reminds us of the days of Abraham.

There is said to be some 80,000 of these Rumani, but who really knows their number, scattered as they are over hundreds of mountain peaks, in inaccessible villages or caves and moving from place to place?

RAISED PORK PIE

If You Eat Pork It Is Well Worth Trying.

To make a raised pork pie take a pound of six ounces of lard, one gill of water, one pound of pork, one-half pint of stock on water, one teaspoonful of pepper, one and one-half spoonfuls of salt, one-half ounce of gelatin, one egg, sieve the flour and a pinch of salt into a basin; make a well in the centre. Put the lard and water into a pan, bring to the boil and pour into the flour; stir in with a wooden spoon; flour a board, turn the mixture on to it, and knead well. Keep back a piece for the lid, keeping it in a warm place. Roll out and line a pork pie mould with it. Fill with the cut into a neat disc, and make a hole in the centre, decorate with leaves of pastry, brushed with egg or milk. Bake in a hot oven the first twenty minutes, then lower the heat and bake about two and a half hours longer. Dissolve the gelatin in the stock, and when the pie is cold pour it through the holes gradually. It is best to use a funnel to pour the stock through, or it may spill on the pastry.



Dr. Martell's Female Pills

Prescribed and recommended by Physicians and the best of all remedies for Female Complaints. It is a simple and effective remedy. Each box contains 15 to 30 pills. Dr. Martell's Female Pills will correct indigestion and afford relief.

## MARKET REPORTS

TORONTO MARKETS.

FARMERS' MARKET.

Margarine, lb.	0.25	0.25
Eggs, new laid, dozen	0.50	0.50
Cheese, lb.	0.35	0.35
Dressed Poultry		
Turkeys, lb.	0.55	0.60
Fowl, lb.	0.35	0.42
Chickens, roasting	0.40	0.45
Geese, lb.	0.30	0.32
Fruits		
Apples, basket	0.50	1.25
Do, bl.	0.60	1.00
Vegetables		
Beets, peck	0.10	0.10
Do, bag	1.00	1.00
Carrots, peck	0.30	0.30
Do, bag	1.25	1.25
Cabbage, each	0.10	0.10
Cauliflower, each	0.10	0.10
Head lettuce, each	0.10	0.10
Flowers, 3 bunches for	0.15	0.15
Do, seed	2.00	2.50
Do, 15-lb. sacks	2.00	2.50
Do, basket	0.30	0.30
Do, picking, basket	0.30	0.30
Do, green, bunch	0.65	0.65
Do, green, bunch	0.33	0.33
Turnips, bunch	0.10	0.10
Do, 15-lb. sacks	1.10	1.10
Turnips, bunch	0.25	0.30
Do, 15-lb. sacks	1.00	1.10
Potatoes, bag	1.00	1.10
Chubarr, bunch	0.10	0.15
Do, 15-lb. sacks	0.75	0.75
Pinch, peck	0.50	0.75
Savory, bunch	0.05	0.05