nutrition than good, rich,

Dr. Williams' Pink Pills set directly

n the blood, making it rich and red, d this enriched blood strengthens k nerves, stimulates tired musikens to normal activity e glands that supply the digestive The first sign of returning waith is an improved appetite, and g pills is felt throughout the whole You find that what you eat es not distress you and that you are faily growing stronger and more vig-Mr. J. J. Murray, Regent treet, Toronto, bears testimony to the value of Dr. Williams' Pink Pills a cases of this kind. Re says: During the latter part of 1918 I was sick man. My stomach seemed simply down and out. I had no desire or food, and when I ate it distressed me. I was pale, did not sleep well, naturally got up in the morning feeling grouchy. My wife was worried over my condition, and urged me to try Dr. Williams' Pink Pills, reminding me of the good they had done our sidest daughter when she was in a mewhat similar condition. I decided to follow her advice and got a supply d here is the story in a nutshell: I have got my appetite back, eleep oundly at night, enjoy my meals and am so gratified with what the pills have done for me that I strongly ad-

vise their use for all pale, sick people." You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or hix boxes for 625.0 from The Dr. Williams' Medicine Co., Brockville, Ont.



Dec. 14, 1919. At the Trial and Crucifixion of Jesus.—John 18: 15-27; 19: 25-27.

Commentary.-I. Peter and John 20 the high priest's palace (18: 15-18). 15. dimon Peter followed Jesus-Jesus was taken first before Annas, the ather-in-law of Caiaphas, for a preto the Jews that it was "expedient that one manshould die for the people" (John 18: 14). The eleven disciples had forsaken Jesus and fled when he was arrested, but Peter and "another disciple," almost certainly John, followed Jesus tto he palace of the high priest. John was acquainted with the high priest and went into the palace, but Peter remained outside. 16. Brought in Peter-The desscription here is minute and indicates that the writer of the narrative was a witness of what was done. John was interested in his fellow disciples and made-use of his acquainance with the high priest in favor of him. Peter, in common with the other disciples, had been quick .o forsake Jesus, but he was quick to come back to see what would be done with him. 17. The damsel that kept the door-The one to whom John spoke, requesting her to admit Peter. Art not thou also one of this man's disciples—This question came with suddenness and directness to Peter. The young woman recognized him as one of the disciples of Jesus, and in her contemptuous question accused him. He saith, I am not -John had hurried on to the room where Christ was being examined; as the cross (John 19: 26) he kept ose to the Master; and in neither case was he molested. Peter, who followed afar off," and that more out of curiosity to see the end (Matt. 26. 58) than out of love, encountered aptation and fell.—Cam. Bib. 18. er stood with them-Peter minwho were warming themselves about of the passion. His advance, avowal fire, thus hoping to escape observa-

II. Jesus before he high priest (18: 19-24). 19. The high priest-It was obably Annas, here spoken of as igh priest, who was conducting the examination of our Lord. Asked Jesus of his disciples—the high priest desired to have Jesus tell him what sort of persons and how many were his followers. It was but four days before this that Jesus was received in triumph into Jerusalem. Of his doctrine -Many different reports of Jesus' teachings must have come to the ears of the high priest and he wished to receive from Jesus himself a statement of what he was proclaiming. 20. I spake openly-Jesus had nothing to hide. He had spoken openly in the synagogue and in the temple. There was full opportunity for all to hear what his teachings were. Whither the ws always resort-Jesus gave the

d to prove it. If he had said not deserved. In either case he all not have been struck. 24. Sent him bound Jesus was being treated as a agerous criminal. Jewish hatred had decreed his death, and he was being led "as a lamb to the slaughter." He was taken from the ex-high priest to Calaphas, the high priest. In the course of his trial he appeared before annas and twice before the Sanhedrin, aldo before Pilate twice and before Herod.

HI Peter's denials (18: 25-27). 25. Art not thou also one of als disciples-Peter's eagerness to know what would done with Jesus brought him into a close place. He must take his nosition for Jesus or against him. denied it. This was the second of the three denials of which Jesus had warned him. Peter was not prepared, even with all his declared loyalty to Jesus, to stand up for him when the test came. He could not use his sword to defend him, but he failed to use his tongue in the right way in the critical time. 26. Did not I see thee in the garden with him. It was difficult to reeter to hide his identity. Not only did his speech betray him, but he had been seen by one of the servants of the high priest in the garden where he was prominent for his defence of Jesus. 27. He denied again-In the face of all the evidence against him Peter persisted in denying Jesus, even resorting to oaths in his denial. Immediately the cock crew-Peter was thus reminded of what Jesus had said to him. "And the Lord turned, and looked upon Peter" (Luke 22;61), and this look so deeply affected him that he "went out and wept bitterly" (Luke 22;62). His penitence was deep and effectual. He sought Christ's body in the tomb on the third day after the crucifizion. Jesus sent a special message to him after his resurrection.. IV. Jesus provides for his mother

(19;25-27). 25. There stood by the cross. There were many present at the crucifizion (to 'rail on' Jesus (Mary 15;92), but there were some present who had loving regard for him. The three Marys are mentioned by name and there were other women present (Matt. 27;65). 26. When Jesus therefore saw-He was conscious; and in refrained from mentioning his own is probable that Joseph was dead and nivorous habits. He says: Mary was a widow. Jesus arranged for a new and tender relation bet n his mother and John that she might be well cared for. John was at the cross and received this high honor. 27. Behold thy mothed—A large responsibility was placed upon John, but not a

QUESTIONS - Whither did Peter and John follow Jesus What question. was asked Peter, and what was the reply? What questions did the high priest ask Jesus? What answer did Jesus give? What insuit was offered to Jesus? Who was the high priest? ligence. Who was Annas? How many times did Peter declare he was not one of Jesus' disciples Who stood by the ing instinct has this interest—that cross after Jesus was placed on it What did Jesus say to his mother? What did he say to John?

PRACTICAL SURVEY. Topic-What the crucifixion meant to Peter and John.

I. The arrest of Jesus. II. The trial of Jesus.

III. The crucifixion of Jesus. I. The arrest of Jesus. The essential significance of the events which We are studying lies in the divine intention expressed therein. They have relations of infinite depth. The connecting link between the preceding and the present lesson was the arrest of Jesus following immediately upon the agony in Getnsemane. With this and the manifestation of His power express the wholly voluntary nature of His surrender. Afterward He spoke confidently of help available.

which would have swept His enemies from the field (Matt. 20: 53). II. The trial of Jesus. Of the disciples only John and Peter were present at the trial of Jesus, and the former, only, at the crucifixion. The accounts of the four evangelists should be carefully studied and compared. The ecclesiastical authorities were the instigators and eagerly sought to secure the consummation of their murderous purposes. By them the case had been prejudged and the end determined (John 18:14). The whole procedure has passed into history as an unparalleled instance of brutality and injustice, branding the perpetrators with enduring infamy. Observing the letter of the law, the spirit of it was ruthlessly violated. Disagreeing witnesses nullified their tes-Jows who were demanding his death timony, which was a garbied misgredit for being religious in their re- representation of Christ's words. Upon gard for the synagogue and in the His own calm avowal of His Messiahole worship. In secret have I ship and divinity He was condemned. said nothing-He had taught no doc- The scene shifts to the judgment hall es which were not open to all the of Pilate, and a charge of sedition is world. He was engaged in not plot preferred (Luke 23:2). Examination against the government or against the proved His innocence, and an effort swish ecclesiastical system. He was to shift responsibility transferred Him to aniit responsibility transferred which to Herod's jurisdiction, from which to Herod's jurisdiction, from which the returned, mocked, bruised and beaten, but acquitted. A re-examination of the second sec ation by Pilate confirmed his earlier decision and enlisted renewed efforts to secure His release, which should we rested upon a judicial decision wholly. The result was a ch surrender of personal and judicial honor, the release of a bandit and the surrender of Christ to the depounds of the mob, instigated by the high



III. The crucifixion of Jesus. The etion which from intold firmly in mind. His death was It was expiatory. who was the "Life" could not die by disease or accident. The alternative was a voluntary surrender of life, which He accomplished by a violent death at the hands of His enemies. The cross and the victim were both sacrifice. It was the great day of world atonement. In the crucifixion sin attained its last possibility and redeeming love its highest expression. The cross has become the most expressive of earthly symbols because it exhibits Christ's perfect identity with cinful men. It is worthy of remark that representatives of the race, Jews and Gentiles, united in an unwitting complishment of a redemption including all. In the hours on the cross lay the crisis of the world, and in its agony the conflict of the ages concentrates. The gloom which en-veloped the "whole land" was but the twilight of the divine foreakenness.

impurities of the Blood Counter scted.—Impurities in the blood come from defects in the action of the liver. They are revealed by pimples and unsightly blotches on the skin. They must be treated inwardly, and for this purpose there is no more effective compound to be used than Parmelee's Vegetable Pills. They act directly on the liver and by setting up healthy processes have a beneficial effect upon the blood, so that impurities are eliminated

Meat vs. **Vegetables**

How did our ancestors take to eating flesh food? Did one of themsuddenly conclude to serve up one of his enemies for lunch after he had slain him in combat? Or did he take to eating meat from physiologic necessity, after the stock of wild vegetable proteins had failed him? And has his meat diet improved his abilities as a fighter? Here, apparently. vegetarians and flesh-eaters do not agree. The war just ended has certainly demonstrated that there is still in man much of the wild beast. Dr. Harry Campbell, a London physithe midst of his sufferings he was so- cian, who believes both in fighting licitous for his mother. The disciple and in flesh-eating, seeks, in an ar-.whom he loved-John, who modestly ticle in the Lancet (London) to find explanation for human savager name. Woman, behold thy son-It and ferocity in man's acquired car-'It was a condition entailed by

a hunting career which brought about the evolution of the prehuman ape into man. For, observe the curious cituation—assuredly one of the most eventful and dramatic in the whole of man's evolution-when this creature took to hunting. Here was a being lacking the stereotyped equipment for slaughter, instinctive and anatomical of the carnivora. but with an intelligence surpassing that of any other creature, and endowed with prehensile-hands capable egiving effect to that intel-

"The fact that carnivorism makes for ferocity and develops the fightman is himself carnivorous. Indeed, in the matter of elaughter he leaves all other animals far behind. He is the arch-claughterer. Since the time the prehuman ape took to hunting he and his human descendants have wrought ruthless havoc among tthe lower animals, and at the present day man not noly hunts them, but breeds them for the express purpose of destroying them, chiefly for food, partly for amusement. Many a person of gentle nature would be amazed and horrified were he at the end of a long life to see en masse the hectacombs of living things done to death on his behalf."

The editor of Good Health (Battle Creek, Mich.), commends what he calls Dr. Campbell's frank admission that flesh-eating, with the slaughter-house and other cruelties which it involves, tends to foster and maintain in man the brutal qualities which are manifested in the barbarities and cruelties of war. But he regards the doctor as wholly at fault in thinking that flesh-eating and hunting were essential to the development of the aggressive spirit in wounded. He then went to Egypt, with the remaining bread slices and

did not have to leave the

and frugivorous diet and me a hunter and killer of animals in order to develop his brain. Primitive man sought the plain not to find animals—there were pienty. of animals in the forest-but to find food, and as rapidly as possible developed the art of agriculture so as to secure to himself and his family certain food supply.

'Man's resort to the use of flesh food was doubtless prompted by his instinctive search for complete proteins when the nut-trees (largely nut-pines, probably) were killed off by change of climate or some cataciyemic event which destroyed an essential source of complete protein without which development and life could not be maintained.

'Among the flercest fighters the forest are animals which are not flesh-eaters, as, for example, the buffalo of our western plains and the bison of India. Dr. Sanderson, the great elephant hunter, said he would far ruther encounter a lion than a wounded bison.

"The rhinocercs, which lives on the coarsest herbage, is so fierce a fighter that the lion flees before him. The elephant, though timid, is no coward, and often gives up its life in resisting captivity.

'The gorilla has long been known as the fiercest beast of the forest It will kill a hunter by a blow with a club, and will enap his gun-barrel with a grip of its hands, but it will not eat him.

"The vegetarian is a good fighter. but he does not torture. Cruelty is a trait peculiar to carnivorous animals. The cat often tortures the mouse for a long time before she kills and eats it.

"A certain species of wasp paralyzes a fat caterpillar and shuts it up in a cell with its eggs, to be devoured by its young, piecemeal, while still alive, and incapable of making a motion in defence.

"Certainly man had abundant opportunity to develop fighting qualities in defending himself against his enemies, which the testimony of the rocks shows to have been great and numerous enough to call forth his highest means of escape and protec-

"The gorilla uses his hands as man does. He has learned to fight with a club, and uses stones as missiles. He is so ekilful in the use of these weapons as to be more than a match for a man armed with the same weapons.

The idea that man had to eat his enemy after killing him, to acquire hankering for flesh and a thirst for blood in order to be a good fighter. is preposterous. The only mental quality man has acquired through the appetite for flesh is the disposition to slay in cold blood and not in self-defence or the heat of rage, to take life merely for pleasure, for sport-to take delight in cruelty.

Its Virtue Cannot be Described .-No one can explain the subtle power that Dr. Thomas' Eclectric Oil possesses. shown by the myriads that rise in praise of this wonderful Oil. So familiar is everyone with it that it is prized as a household medicine every-

A GHURK9 WARRIOR.

Young Man From India Will Live in Canada.

A Ghurka, one of those sturdy Indian fighters, whose name has spread terror among the enemies of Britain for nearly a century, has been visiting numerous Canadian cities and towns during the past few month, and attracting much attention by his un- pieces. Place in a granite kettle, usual bearing.

Little more than a lad in age Kamel Khan is nevertheless a veteran of many campaigns. Following the custom of the Ghurkas he joined the mil- become tender. Drain from the water itary school when he was a boy of and cook until transparent in a sugar twelve, and by the time the war and water syrup, made in the propor-

With his seven brothers, Pte. Khan juice. served in the Imperial army. following the footsteps of their father, who had been a soldier of Queen Victoria. advantage, the following recipes are Before the Great War he saw ser- given: vice in the hill-fighting against the Afridis. "There is always fighting there," he explained. When the war broke out he enlisted with the 1st kle with a few drops of lemon juice Ghurka Regiment at Tibit, India and due lightly with powdered sugar. From Singapore he went to Cawnpore. Drain a little of the eyrup from the where he trained, and then went preserved ginger and chop finely. straight to France.

He was transferred to the 42nd graham bread, lay on each a crisp let-Churka Regiment, with which he went tuce leaf, dipped in French dressing into action. He fought in France un- and cover with a layer of the banana til May ,1915, when he was first and ginger. Finish the eandwiches

and in February, 1916, he was wound ed a second time. In the attack at Gallipoli he was wounded a third time, in Occember, 1916. Returning to France he was gassed at amiens, in 1918, and was wounded again at the battle of Cambrai

and the St. George's Cross, an Indian serve in Canada for a number of years.

'crossed rifles," but his tavorite weapon is the kukri, the national weapon of the Ghurka, with which they do terrible execution. He carries this carved knife in his belt, having received special permission to do so. This he guards jealously and will not

There is no question about his being a warrior. His sole object of comversation is fighting. He talked incessantly about it as a boy would talk about his play. "Ghurke fight any time, all the time," he said. "Two o'clock in the morning good time, but fight all night and all day.

Ghurkas," was a tribute he paid. "Canadians take prisoners, though. Ghurka never take prisoners.'

ed the various "killings" he had partithe northwest frontier, the Turks in the Gallipola or the Germans in France, all had resulted in the same ending. A wild charge, the flashing, hacking kukri, and then the return with the noses and ears of his adversaries in his pocket to show as "souvenirs.

Pointing to a scar on his forehead he explaine that it was inflicted by a Turkish bayonet as he was entering a dugout while serving in the Egyptian campaign. He then entered the dugout single-handed and killed the seventeen occupants. This was the occasion for which he received the bar to his Military Medal.

Warts on the hands is a disfigurement that troubles many ladies. Holloway's Corn Cure will remove the blemishes without pain.

DESSERTS

The originator was himself are partial to the spicy flavor of surprised by the wonderful qualities ginger, the wherewithal of a number that his compound possessed. That of delicious desserts lies in one of he was the benefactor of humanity is the quaint blue and white jars of preserved ginger.

> dian varieties, that may be purchased at most of the best grocery shops are excellent, but if the housewife is not adverse to a little time and trouble, a very delectable article can be prepared at home at decidedly less cost. home the stem variety should always be used, as this is a finer quality than the ordinary kind. Half a pound of this loose ginger will give nearly a pint of preserve, so it is well worth the slight extra cost. TO PREPARE GINGER AT HOME

To prepare, wash the ginger and pick out the best of the little roots; then scrape them and cut in small cover with cold water and let soak for several hours. Then place over a moderate heat, bringing slowly to the boiling point, set the kettle back on the range and simmer until they broke out he was a fully trained soi- tion of two-thirds sugar and onethird water. Flavor with lemon

As example of how this delicious conserve may be used to the best GINGER AND BANANA SAND-

Butter thin slices of whole wheat or

During this period Pte. Khan ceeded in winning the Military Medal decoration. As he desires to see this country he has enlisted in the Royal Caaudian Highlanders and expects to

He is a crack shot and carries the allow anyone to handle it.

"Canadians good fighters,

He laughed gleefully as he recount-

GINGER

For these families whose members

Both the Canton and the West In-In making the preserved ginger at

WICHES

wiches are very novel, and are dellclose to serve with feed tea. CANTON PROZEN PUDDING

Prepare a rich boiled custard from one punt of milk, a pines of sait and bree eggs beaten with four tablespoonfus of augar. Cook over het water until well thickened. Remove from the fire, and when cold fold z half a pint of chilled double cream whipped solid. Turn into a chines freezer, and when half-frozen stir in s small cupful of crushed macarcon crumbs, one teaspoonful of lemon juice and a cupful of preserved ginger with the syrup. Continue freezing until firm and smooth, and repack in a melon mold. Bury in ice and rock salt for three hours before serving.

Miller's Worm Powder will not only expel worms from the system, but will induce healthful conditions of the system under which worms can no longer thrive. Worms keep a child in a continual state of restless ness and pain, and there can be comfort for the little one until cause of suffering be removed, which can be easily done by the use these powders, than which there is nothing more effective.

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PORTS SHOW



TORONTO MARKETS. PARMERS MARKET.

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	Squash, each 0 10	0
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	SUGAR MARKET.	
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•	The wholesale quotations to the	Tores
	trade on Canadian refined sugar.	LOLOU

delivery, are now as follows Do., No. 1 yellow...... Do., No. 2 yellow...... Do., No. 3 yellow..... Acadia granulated..... Redpath's granulated De. No. 1 yellow Do., No. 3 yellow Lawrence granulated .. Do., No. 1 yellow..... Do., No. 2 vellow...... Barrels-5c over bags. Cases-29 5-lb. cartons, 60c, and 50 2-lb. cartons. 70e over bags. Gunnies, 5 29-16. 50c; 10 10-lb., 50c over bags.

MEATS-WHOLESALE. Beef. forequarters......\$13 00 Do., hindquarters...... 16 00 arcases, choice..... Do., medium...... 15 00 Do., common..... Yeal, choice...... 24 Do., common...... 18 00 leavy hogs...... 20 00
 Shop hogs
 22 00

 Mutton, light
 22 00

 Spring lambs, choice per 1s.
 19
Asthma Overcome. The triumph

over asthma has assuredly come. Dr. J. D. Kellogg's Asthma Remedy has proved the most positive blessing the victim of asthmatic attacks has ever known. Letters received from thousans who have tried it from a testimonial which leaves no room for doubt that here is a real remedy det t to-day from your dealer.

OTHER MARKETS. WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Exchange were as follows: Dec. 0 82% 0 83% May 0 84% 0 85% Barley-Nov.1 48 Dec. 1 40% 1 41% 1 40% May 1 35% 1 35% 1 35% Nov. 5 00 5 021/2 Dec.4 90 4 90 May4 85 4 90 MINNEAPOLIS GRAINS Minneapelis-Wheat-Spot, No. 1 ern, \$2.90 to \$3.00. Corn-No. \$1.46 to \$1.50. Oats-No. 3 white Flax-\$4.51 to \$5.10. Flow changed. Bran-\$39.00. DULUTH LINSEED.

Duluth-Linseed, on track, \$5.10; rive, \$5.10; November, \$5.16 bid: ember, \$4.92; old. December, old, May, \$4.70; new May, \$1.63. A safe and sure medicine child troubled with worms is M

Graves' Worm Exterminator.

First Wireless Distress Call The first case on record of "wi

less" being employed by a ship in d tress occurred on March 3, 1890. this late the R. F. Matthews ran the East Goodwin lightship during . Dravy fog. The weather conditions would, in the old days, have render ed the work of rescue very difficult. " not impossible. But the R. F. Matthews was equipped with what v then a novelty-Marconi's system o wireless telegraphy. Messages wi sent ashere and speedily brough lifeboats to the rescue. -London Globe.

ick's Cotton Root Compound.



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