SUNDAY SCHOOL LESSON

Lesson I. July 6, 1919.

Its Life and Work.

Acts 2: 37-47; Thess. 5: 11-15.

Commentary.—I. The church established (Acts 2: 37-41). 37. They—The multitudes that came together, being attracted by the manifestation of the Holy Spirit as he came in his fulness upon those who were waiting for him at Jerusalem after the ascension of Jesus. Pricked in their heart—The Holy Spirit had spoken through Peter and his hearers were awakened and deeply convicted. What shall we do—It was not enough that they felt deeply. There was a call to do something. They felt their guilty and desired relief. 38. Repent—Turn away utterly from your sins. Be baptized ..... in the name of Jesus Christ—They were directed to declare publicly their faith in him whom they had put to death less than two months previously. For the remission of sins—Baptism was the external act which signified the internal work of deliverance from sin. Shall receive the gift of the Holy Ghost—By the gift of the Holy Ghost they became truly one with the sanctified hundred and twenty, and are empowered to do mighty wonders in behalf of Christ, the exalted Lord.—Whedon. 39. The promise—The Promise quoted from the prophet Joel, the promise of the gift of the Holy Ghost. Shall call—God has invited all mankind to come to him. 40. Save yourselves—Salvation is provided, therefore take the steps necessary to salvation. Untoward—Crooked, perverse. 41. Received his word—They not only heard the word, but believed and obeyed it.

II. The church maintained (Acts 2: 42-47). 42. Continued steadfastly in the apostles' doctrine—The thousands who had been converted through the efforts of the church were so thoroughly in sympathy with the gospel that they were glad to continue under the instruction of the apostles. Fellowship—There is a peculiar fellowship that exists among those who are saved. This is frequently spoken of as the communion of saints. In breaking bread—There is a difference of opinion among scholars as to what act was indicated by this expression. It is rather commonly believed that it refers to the Lord's supper which was celebrated every day. Some suppose it was the ordinary meals which were partaken of by the multitudes from a common store of food. Others think it was the lovefeast in which the people broke bread with one another in token of their Christian love and fellowship. The first view appears to be the most reasonable of the three. 43. Fear came upon every soul—The manifestations of the power of God in saving the people astonished those who knew of them, and they ceased to mock and became respectful.

44 All that believed—All who accepted the gospel message and were converted. Had all things common—The believers were as one great family. Their joys and efforts were one, they had common needs, and what they had was used according to their several needs. 45. Possessions—Real estate. Goods—Personal property. Parted them to all men—The Holy Spirit was given in his fulness while multitudes were in Jerusalem, many of whom had become converted. It was desirable that the converts should remain long enough to become fully established in grace on instructed in doctrine, that they might carry back to their several communities the gospel message. The spirit of liberality that characterizes true Christians led to the giving out of supplies to all who "had need." 46. Daily—Religious services were held every day. In the temple—The temple was the central place of worship and the place to which all hearts naturally turned. The Christians had no opposition to the temple worship, but their experience of salvation enabled them to put new life and power into that warship. Breaking bread at home (R. V.)—The services were not confined to the temple, but in the homes religous services were held, the Lord's supper being celebrated there. Their meat—"Their food."—R. V. With Gladness—The word has in it the thought of abounding joy. Singleness of heart—The Christians were of one mind and heart, having the one purpose of spreading the gospel. 47. Praising God—Praising God is an essential part of the Christian's worship and employment.

III.—The Church's Mission (1 Thess. 5:11-15). 11. wherefore—In view of the great fact that salvation has been provided for all who will accept it, and in view of the assurance given of a future life in the presence of God for those who love him, there is true ground for encouragement and hopefulness. edify one another—"Build each other up."—R. V. 12. beseech—Earnestly entreat. brethren — Paul addresses the church in Thessalonica in terms expressive of affection. to know them—To have a right estimate of their value. This church had been organized by Paul himself, and here is a recognition of such organization. The brethren are exhorted to appreciate those who have the oversight of the church. which labor among you—The minister of the church was to be helpful to his people as their servant. over you in the Lord—The pastor has a certain amount of authority, given him by the Lord, yet he is not to be officious or arbitrary. admonish you—He was to instruct, warn and reprove, as occasion might require. 13. esteem them very highly in love—The overseers of the church were to be given honor, in part because of their work. 14. we exhort you, brethren—The apostle has just urged the church to be at peace among themselves, but he would not urge peace at the expense of right living. The overseers were to admonish the brethren, but the brethren themselves must cooperate with them in promoting the welfare of the church. warn—Admonish. unruly—Disorderly. comfort the feebleminded. The "feebleminded" here spoken of are not those who are mentally weak, but rather those who are faint-hearted and in need of encouragement, support the weak—Some might be inclined to discount the weak and thus discourage them, but they are rather to be helped. patient toward all—There is always need of patience, or longsuffering. 15. none render evil for evil—The spirit of Christ is to return good forevil.

Questions—What was the occasion of Peter's address? Give the leading points in the address. What effect did it have? Wat questihon did the people ask? What was Peter's reply? How could they save themselves? How many were converted on that day? How did they prosper? How did they keep the unity of the Spirit? Who were added to the church?

PRACTICAL SURVEY.

Topic.—The spirit and mission of the Christian church.

I. The Christian church.

II. Its spirit and mission.

I.—The Christian church. The Christian church is the visible organism of the spiritual life. It consists of the body of believers in Christ, associated for Christian worship and work. The term may represent a particular division, holding the same doctrines, practising the same forms of worship and known by a common name, or a local assembly of such a division. In its spiritual sense the church is the invisible and inorganic community of all and only those who by virtue of the mystery of the spiritual birth are Christian in fact as well as name (John 3:5). Christ is its only foundation and object of its faith (1 Cor. 3:11). Its establishment was the purpose of the atonement (Eph. 5: 25-27). The Christian church consummated, and hence superseded, the "church in the wilderness," to which were committed the "living oracles" which are its solemn trust and priceless inheritance. Its nucleus was the company of Spirit-baptized disciples to whom was fulfilled the Pentecostal promise. The first organization was at Jerusalem where the first gospel triumphs were won. The varied phases of its life and structure are represented in scripture as a growth, a building and an organism. "Ye are God's husbandry," representing the vital energy of truth sincerely received (Matt. 13: 8-23). "Ye are god's building;" of which Christ is the "corner stone," the foundation, the unifying force and the depository of treasures (Eph. 2: 20; Col. 2:9). The church is declared also to be the body of Christ is the "head," the crown and source of authority, and true believers are the members of the organism, not organization merely, and "one of another."

II.—Its spirit and mission. The spirit of the Master is the spirit of his disciples. Individuals and organizations are Christian only in the measure in which they possess and express the Spirit of Christ (Rom. 8: 9). The vitalizing, animating energy of the "body" is the indwelling Holy Ghost, resident in, and operating through, each member. The spiritual tone of any church is determined by the average experience which obtains among its members. Jesus fixes the permanent standard of both experience and service. "They are not of the world, even as I am not of the world." "As thou hast sent me....even so have I also sent them." The Christian church is the divinely-ordained custodian of revealed truth. Unto Israel "were committed the oracles of God." It is the solemn responsibility of the church to preserve and disseminate unchanged the sacred truths committed to her trust; and it is her sacred mission to evangelize the world through their promulgation. The gospel is for everybody and must go everywhere. Vast responsibilities attend the gospel ministry. They are the custodians of the general conscience. Departures have always commenced with priestly unfaithfulness (Hos. 4:6 4: 8, 9; Mal. 1: 6, 13). The place of the church is in the van of every righteous cause. The less welcome, the more needed. The church is the spiritual dynamo of the world.

W. H. C.

Wash The Kidneys!

After Bad Colds or Influenza Look to Kidneys and Bladder!

Owing to bad colds, over-eating or intemperance, or to the after effects of influenza—uric acid and toxins (poisons) are stored up in the body and cause backache, lumbago, rheumatic pains and stiff joints.

It is most essential that treatment be directed towards prompt casting out of the poisons from the body which cause these pains and aches. This means that the excretory organs—(the bowels, skin and kidneys)—should be excited to their best efforts. Every one should clean house—internally—and thus protect one's self from many germ diseases, by taking castor oil or a pleasant laxative such as Dr. Pierce's Pleasant Pellets, which are made of May-apple, aloes and jalap. Take these every other day. This will excite efficient bowel action. If you suffer from backache, irritation of the bladder and the kidneys, shown by the frequent calls to get out of bed at night, considerable sediment in the water, brick-dust deposit, perhaps headache in the morning, you should obtain at the drug store "Anuric" (anti-uric acid), first put up by Dr. Pierce.

To build up the strength and improve the blood, take an iron tonic such as "Ironic," manufactured by Dr. Pierce, to be had in tablets at drug stores, or some good herbal tonic such as Dr. Pierce's Golden Medical Discovery, made from wild roots and barks without alcohol, and put up in tablets or liquid.

The Lucky Horseshoe.

The superstitious use of horseshoes as emblems of good luck originated about the middle of the seventeenth century. They were at first deemed a protection against witches and evil spirits, and were nailed on doors of houses with the curve uppermost. It was the belief that no witch or evil spirit could enter a house thus guarded. The custom of nailing horseshoes to ships and other sailing craft is still in vogue in many English-speaking countries. To find a horseshoe with an odd number of nails attached to it is considered the forerunners of good luck, and the more nails the greater the good fortune that is likely to attend the finder.

What She Was Looking For.

One of the many excellent stories told by Lady Jepson in her "Notes of a Nomad" concerns her godfather. "He came often to our house," writes the authoress, "having an obvious admiration for the pretty young aunt who lived with us. One day he called as usual and I at once climbed on his knees and stared searchingly into his clear, brown eyes. 'What's the matter, child?' said he, 'and what are you looking at?' 'Mamma said to papa,' quote I, 'that you had a wife in your eye and I'm looking to see if I can find her.'"

$5,000 LIMERICK PRIZE

The winning of it can't ease the pain of the corn, but "Putnam's" will ease, cure and prevent corns and warts. Guarantee goes with every bottle of "Putnam's." Use no other, 25c at all dealers.

Farms For Sale

128 ACRES NEAR WATERFORD, 100 under cultivation, 12 acres of hardwood brush, balance pasture land, good sand loam, soil, 2 storey white frame house, stone basement, barns with other necessary outbuildings, 2 miles to electric cars, ill health is reason for selling, price $10,000, $2,500 cash, balance 5%. Chas. E. Shaver & Co., 38 James street south, Hamilton.

USE POISON GAS

For Making of Clear Optical Glass.

Eyeglasses and optical lenses of American make are the clearer because the deadly phosgene of the trenches has now been turned into the peaceful pursuit of bleaching the sand used in their manufacture, says an American Chemical society bulletin.

The gas offense division of the Chemical Warfare service so greatly reduced the cost of manufacturing phosgene, that it is now available for several industrial purposes to which it could not have been applied before the war. This gas, which is composed of chlorine, oxygen and carbon monoxide, destroys the iron oxide which causes the red and brownish tints of sand. It is so powerful a bleach that it whitened the bricks used in construction work at the Edgewood arsenal, with which it came in contact.

In a bulletin issued by the American Chemical society, the details are set forth as embodied in an address made before the Lehigh Valley section of the Geographical laboratory of the Carnegie institution. The United States has not only a firm grip on the making of phosegene gas with which it was prepared to overwhelm the armies of the kaiser, but on the manufacture of optical glass as well, which was formerly imported. All the 131 varieties of glass can now be produced in this country with ease.

Dr. Day said that up to April, 1917, there was no suggestion of the processes for making the optical glass which the government needed for range finders, gun sigas, periscopes and measuring instruments. Fully 2000 pounds a day were required, and Washington was able to turn out only 250 pounds a month of one kind of glass. Sixteen kinds were required and of these nine were absolutely essential. In the periscope of the submarines 28 different pieces of glass are employed, and all must be highly transparent since the constant splashing of water against the tube reduces visibility. Fully 120,000 pounds per month of American optical glasses are now being made in this country which is more than the instrument makers can grind.

The many difficulties in the lense manufacture, such as avoiding striations, stones and stains have now been overcome as the mixing and dissolving the materials have been perfected. To prevent the glass from crystallising it has to be rapidly cooled and this often causes strains. Dr. Day said he had seen in Germany a piece of glass as large as a cartwheel which, owing to improper cooling, suddenly exploded and injured workmen in remote parts of the plant.

He asserted that in the United States better optical glasses can now be made than was ever manufactured in Europe before the war and that it can be turned out in 24 hours, 12 hours less than overseas. The scientist express the feat, however, that despite that remarkable progress, our needs in optical goods would be still supplied from Europe on account of the heavy cost of materials and the high wages on this side of the Atlantic.

How's This?

We offer $100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Sold by druggists for over forty years.

Take Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

An Attractive Sandwich Filling.

Boil the giblets in salted water until tender. Put the giblets and the egg through a meat-grinder. Add seasonings. This filling is very nice on rye bread.

Giblets of one chicken.
One hard-cooked egg.
One tablespoonful cream.
One and one-half teaspoonfuls salt.
Half teaspoonful Worcestershire sauce.
One teaspoonful tomato catsup.

Friendship always benefits; love sometimes injures.—Seneca.

Points on Choosing a Dairy Sire

What We Look for When Purchasing---How to Increase Milk Production by Judicious Breeding

At the present cost of feeding and caring for cattle, the dairy cow which gives only an average or below average production, is maintained as a distinct loss to her owner. While this is true, it is also a fact that never before in the history of Canada's dairy business did the cow which produces a heavy milk yield return greater profits to her owner. With feed and labor high in price it is more than every necessary that heavy producing cows are the only class kept. The feed factor is always of great importance. So is the kind of dairying carried on. But possibly no other one thing over which the dairyman has control is quite so important at the present time as is the breed factor, and particularly the influence of the sire. The statement has been made by stockmen, time and again, that a good bull is more than half the herd, and a poor one, in the damage he may do, may be nearly all of it. Experimental stations have, by taking common cows and breeding them, generation after generation, to high-class, pure-bred bulls, been able to raise the average milk production of the herd almost more than one would believe.

But we do not have to go to the experimental stations to see results. Dairymen are working out the same thing on their own farms, as the results of the survey carried on by the Farm Management Department of the O.A.C. have shown.

Where the grade sire was used on 140 farms the profit per cow over feed was only $19. Better results were immediately noticeable where the pure-bred sire had been used, and in those herds where the breeder had been using a pure-bred sire for over 10 years the profit per cow was $57, or just three times the amount of profit per cow in the herds headed by a grade sire. If the average of the grades was $19. profit, what would be the results in those herds where real scrubs were used? This is the result under average dairy farm conditions in Oxford County. They are sufficient to condemn the grade or scrub sire as an inexcusable outlaw in the dairy herd. But the same conditions were found in Eastern Ontario under a similar survey.

The Dundas County herds, as will be noted from the table, show double the profit per cow where a pure-bred bull has been used for upwards of ten years as compared with the ordinary grade. In Oxford County the farmer who has been steadily using a pure-bred sire has a total increase over the man who keeps a grade sire of $45 profit per cow. It is shown in both tables that the feed costs were approximately the same in all cases, and again in Dundas County, the man who has been using the pure-bred sire for some years is getting twice as much profit per cow over feed consumed as is the man who still sticks to grades. Surely this is sufficient evidence to condemn the grade sire to oblivion, and yet one is surprised at the large percentage of grade sires used even in the best dairy districts. All told, 580 dairy farms were visited in the two surveys from which the foregoing tables were compiled, and it will be noted that on 288, or nearly 50 per cent., grade sires are being used. There is room for a vigorous campaign against the grade and scrub sire, cattle, and particularly in the dairy herds.

If fifty per cent. of the dairy sires of the country are grades and scrubs, and it is decided that they should be replaced by pure-bred of good breeding type and quality, how shall we table the job? Surely the individual breeder will see the importanse of a good sire. The educational work necessary when breeders are brought face to face with facts should not require much time or effort. And yet facts generally soak in very slowly. But, for the man who is ready to make the change from the grade to pure-bred sire, a few suggestions might be given. Unless his herd is of a very low order, they will be composed of grades or crosses of some breed. It generally proves satisfactory in building up a dairy herd to use the best available sire of the same breed of which the females are grades, and gradually, generation after generation, built up a good grade herd. If the females are of no particular breeding it might pay, where production is very low, to dispose of them and put in their stead some good grades of one of the recognized dairy breeds. Of, if the owner decides to grade up from the bottom, he must, of course, get a good pure-bred bull and continue, generation after generation, to use such a bull. Each succeeding generation of females should be bred to a little better sire than that used on their mothers.

Taking it for granted that the breeder who has studied results is going to purchase a pure-bred sire to head his herd, what should he look for in that sire? He must first get dairy type. Here again, like tends to produce like, and there is a close relation between type and production. In place o fthe short, broad, thick, low-down, square, blocky, beef form, which the breeder of beef cattle calls perfection, the dairyman, in buying a pure-bred sire to head his heard, will look for less thickness and breadth, with more length and openness of frame. The dairy form is said to be triple wedged-shaped. The dairy bull is narrow at the withers as contrasted with width in the beef sire. Milk production is generally associated with sharp withers. Dairy cattle are then wedgeshaped looking down over the withers and looking from their fairly wide set hook bones forward. They are also generally deeper behind than in front, giving, when viewed from the side, somewhat of a wedge shape, although not so pronounced as when viewed from the top of the withers, down or from behind over the hook bones and up to the withers. Dairy bulls should be long, deep of side, showing great heart girth and depth of body. They are also generally deeper behind than in front, giving, when view from the side, somewhat of a wedge shape, although not so pronounced as when viewed not so pronounced as when down or from behind over the hook bones and up to the withers. Dairy bulls should be long, deep of side, showing great heart girth and depth of body. They should be muscular rather than meaty, and, as a general thing, breeders do not like them set upon too long legs. While not so low set as beef bulls they should not be upstanding and leggy.

Every good bull shows masculinity. He should have a strong head and a certain development of crest. While the head is stronger than that of the female, it should not be coarse. A fairly long, clean-cut face is desirable, with a broad muzzle and a large nostril. Breed character is most clearly recognized in the head. A large eye and width of forehead are looked for. The horn, where present, should be fine and clean, and the ears of fair size and fine in texture. Look for a fairly long and heavily muscled neck, with a prominent arch or crest. This denotes masculinity and, to a certain extent prepotency. The shoulders should be well inclined or laid into the body, and the top of shoulders, while wider in males than in females, should be fairly narrow. The shoulder of the dairy bull is generally a little more prominent in appearance than is that of the beef bull, due chiefly to the absence of fleshing. The chest of the bull is important. While the breast and chest are not so wide as is the case with the beef bull, the breeder should insist on a fair spring of rib and great depth at the heart or fore-flank. The top-line should be fairly strong and straight, and the spring of back ribs great, giving a deep, full middle. A flat-ribbed or short-ribbed, shallow-bodied side will not do. The hook or hip bones are generally quite prominent, but in the male they should be closer and neater than in the female. The rump of the dairy sire should be long, level and broad, and the thighs muscular yet thin, with the twist or junction of the inside of the thighs much higher than in the beef type. With all this, the sire must be set on straight, strong, yet clean, legs, must show a soft, pliable skin preferably with a yellowish secretion, should be the proper color and type of his particular breed.

So far we have dealt with the individuality of the sire. This must be combined with breeding. When a change in sires is being made for the better and a pure-bred is to be purchased, it is well to see that he has more than a mere pedigree—that there is some milk-production breeding behind him. It pays to buy pure-bred bulls from cows with good milk records and by bulls from such cows. The records of the ancestry are important. The writer has heard good dairymen say that the first 10,000 lbs. of milk which a cow gives in a year is made by breeding and all over that by feeding and care. This statement may not be exactly correct, but the fct remains that breeding is the first big factor in the ten thousand pound cow. In buying, it would be wise to get bulls whose three nearest dams, at least (the more the better), have records from 10,000 lbs. up. Remember we are dealing with a sire for a grade herd. If the herd is composed of high class pure-breds, then the breeder will insist on a higher milk production behind his sire, and will be warranted in paying the necessarily higher price.

Be sure the pure-bred sire selected in bred for milk on both sides of his pedigree. Combine with this individuality, breed character, constitution, capacity and quality. This done in all the grade dairy herds of the country year after year would in a few years, practically double the profits from these herds as compared with the results which will be had if grade sires are allowed to continue their damaging work. And from good grades the average breeder would go forward to better pure-bred.

—Canadian Countryman.

Every investigation which is guided by principles of nature fixes its ultimate aim on gratifying the stomach—Athenaeus.

MARKET REPORTS

TORONTO MARKETS

FARMERS' MARKET.

Butter, choice dairy	0 59	0 65
do., creamery	0 69	0 65
Margarine, lb.	0 37	0 40
Eggs, new laid, doz.	0 55	0 60
Cheese, lb.	0 49	0 45
Turkeys, lb.	0 50	0 55
Fowl, lb.		0 45
Chickens, roasting		0 50
Strawberries, box	0 25	
Asparagus, 2 bunches		0 25
Beans, new, qt.	0 15	0 20
Beets, new, bunch	0 10	0 15
Carrot, new, bunch	0 10	0 15
Cabbage, new, bunch	0 10	0 20
Cucumbers, each	0 05	0 10
Celery, head	0 10	0 25
Lettuce, 2 bunches for		0 10
Onions, imp. box	5 25	6 50
do., imp. lb.	0 05	
do., green, bunch	0 05	0 10
Leeks, bunch		0 10
Parsley, bunch	0 10	0 10
Potatoes, bag	1 75	2
Rhubarb, 3 for	0 10	
Radishes, 3 bunches		0 10
Sage, bunch	0 05	0 10
Spinach, peck	0 20	0 25
Savory, bunch	0 05	0 10

MEATS WHOLESALE.

Beef, forequarters	15 00	17 50
do., hindquarters	25 00	27 50
Carcasses, choice	29 00	31 50
do., medium	17 00	30 00
do., common	15 50	17 00
Veal, common, cwt.	13 00	15 00
do., medium	29 00	30 00
do., prime	25 00	26 00
Heavy hogs, cwt.	23 00	25 00
Shop hogs, cwt.	26 00	28 00
Abattoir hogs, cwt.	28 00	29 00
Mutton, cwt.	16 00	20 00
Lamb, lb.	0 28	0 32
Spring lamb, each	12 00	14 00

SUGAR MARKET.

Acadia granulated	100-bags	$10 16
do., No. 1 yellow	"	9 76
do., No. 2 yellow	"	9 66
do., No. 3 yellow	"	9 56
Atlantic granulated	"	10 16
do., No. 1 yellow	"	9 76
do., No. 2 yellow	"	9 66
do., No. 3 yellow	"	9 56
Dominion granulated	"	10 16
do., No. 1 yellow	"	9 76
do., No. 2 yellow	"	9 66
do., No. 3 yellow	"	9 56
Redpath's granulated	"	10 16
do., No. 1 yellow	"	9 76
do., No. 2 yellow	"	9 66
do., No. 3 yellow	"	9 56
St. Lawrence granulated	"	10 16
do., No. 1 yellow	"	9 76
do., No. 2 yellow	"	9 66
do., No. 3 yellow	"	9 56

Barrels—5c over bags.

Cases—20 5-lb. cartons, 60c, and 50 2-lb. cartons 70c over bags. Gunnies, 5 20-lb. 40c; 10 10-lb., 50c over bags.

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:—

	Open.	High.	Low.	Close
Oats—				
July	0 77⅞	0 78⅛	0 77⅛	0 77⅛
Oct.	0 73⅞	0 74⅝	0 73⅜	0 74⅛
Dec.	0 73	0 73⅛	0 73	0 73⅛
Flax—				
July	4 74⅛	4 78	4 73½	4 73⅝
Oct.	4 29⅝	4 30	4 29¼	4 29
Barley—				
July	1 28⅝	1 28⅝	1 27⅛	1 28⅛
Oct.	1 16⅛	1 18⅛	1 16¼	1 17⅜

MINNEAPOLIS GRAINS.

Minneapolis—Flour unchanged; shipments, 45,444 bbls. Barley, $1.05 to $1.12. Rye, No. 2, $1.49¼. Bran, $34.00. Flax, $4.30 to $4.32.

DULUTH LINSEED.

Duluth—Linseed, on track, $4.33, to $4.32; arrive, $4.30 to $4.30; July, $4.33; September, $4.73; October, $4.48 bid.

WHO IS BLIND?

Will every person who reads this notice, and knows a blind man or woman anywhere in Canada, kindly send the name and address of that blind one to the Canadian National Institute for the Blind, 36 King street east, Toronto.

The Institute is conducting work for the blind along the most modern scientific lines and desires that each blind resident of Canada should have the opportunity of availing himself or herself of the benefits represented by this work.

The immense task of registering every case of blindness can only be accomplished successfully by the earnest co-operation of the public generally. That is why we ask you to send the names and addresses of blind people you may know.

The following departments of work are being actively prosecuted by the Institute:

Industrial Department for Men.
Industrial Department for Women.
Department of Field Work.
Department of Home Teaching.
Department of prevention of Blindness.
Department of After Care.
Residence and Vocational Training Centre for Blinded Soldiers.

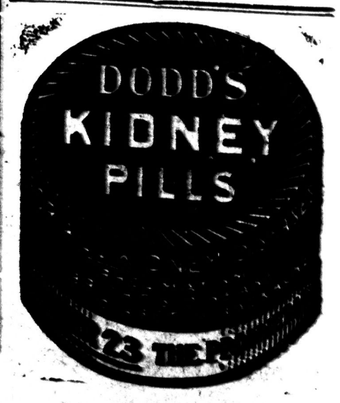
To send information or obtain information, address—

The General Secretary,
Canadian National Institute for the Blind,
36 King St. East, Toronto.

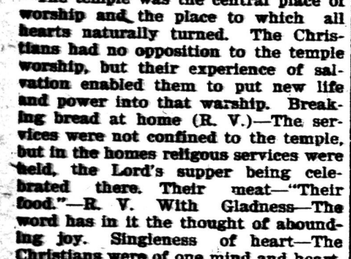
Indian Summer.

Indian summer is the return of genial but not hot weather after sharp frosts. It is the moment when the door of the vestibule of winter is left standing ajar for a moment to let the sight, and just a little—not too much of—of warmth of departing summer stream in. It is a season without a rival—briefer even than the briefest spring tenderer than the softest summer; is the anodyne of the year's —es and the promise and pledge of a man's restoration of Eden.—Exchange.

He—Have you ever loved and lost? She—Oh, no; the jury awarded me $7,000 damages.—Bradley Bugle.



Dr. Martel's Female Pills For Womens Ailments



A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half a century in Patented Tin Hinge Cover Boxes, with directions. "Rutherhouse Remedy Co." means this. Accept no other. At your druggists, or by Mail Direct from our Canadian agency, Lyman Bros. & Co. Ltd., Toronto, Can. Enough to make of price $2.00.