

May 25, 1919.

Commentary.-I. Jonah's repentance and work (Jonah 3: 1-4). 1. The word of the Lord came unto Jonah-We know little of this prophet aside from. what is given us in his prophecy. He was the son of Amittai and his home was in the northern part of Israel. The second time God in mercy gave Jonah a second call to carry the message to Nineveh. At the first call. instead of going the 600 miles northeast to Nineveh, he started westward to Tarshish, in Spain, a distance of 2,000 miles. His disastrous experience on that trip made him willing to obey the second call, although the very conditions that turned him aside the first time still prevailed. 2. Go unto Nineveh—His mission was to Nineveh, which was the great city of Assyria. This nation was hostile to Israel, and within a few decades carried Israel into captivity. That great city—The city must have had a population of more than a million, and Jonah was called to go and cry against it" (ch. 1: 2). Farrar calls it the London of the ancient world. The preaching that I bid thee—The reason for the mission to Nineveh is given in the first call that Jonah received. where the Lord said, "Their wickedness is come up before me" (ch. 1: 2). The city was a stronghold for heath- | killed by the falling tower have reenism, and the sins which accompanied their religious observances and resulted from them had come up before the Lord, who knew the kind of truth that the Ninevites needed and the kind that would prove effectual.

3. Of three days' journey—Counting

twenty miles as a day's journey, the

distance around Nineveh was sixty

miles. This was surrounded by a wall

one hundred feet high and broad

enough at the top for three chariots to be driven abreast. "Within the vast space thus enclosed rose palaces of almost inconceivable size and grandeur, amidst gardens and grounds in which the highest art had created every beauty that could gratify pride or ravish the senses. One palace alone, the explorer, revealed twenty-seven huge gates of entrance, guarded by colossal human-headed bulls and gigantic lions, and seventy-one halls and chambers, adorned throughout. round all their sides, by great squares of alabaster covered with sculptures of the warlike deeds of the 'king of kings' and varied scenes from civil or military life."-Geike. 4. Began to enter a day's journey-The thought seems to be that as he entered the city and proceeded on his way, he delivered the message which God had given him for the people. Yet forty days, and Nineveh shall be overthrown-The cup of Nineveh's iniquity was almost full, and unless the people should repent there would be but forty days before the city would be destroyed. Taking this proclamation in connection with what took place later, we must conclude that there was an implied condition in the decreed destruction of the city. If the people did not turn away from their wickedness by hearty repentance.

ther would be destroyed. II. Nineveh's repentance (Jonah 3: 5-10.) 5. the people of Nineveh believed God-It was a strange sight that met the eyes of the Ninevites, and a strange message that greeted their ears, as the foreign prophet in his peculiar phophet's garb and with his denunciatory words passed throughout their city, yet with the work of the Holy Spirit the message took effect and the people believed God. proclaimed a fast-A sign of hamiliation and repentance, put on sackcloth-They covered themselves with a coarse cloth, made of goat's-hair, which was a symbol of sorrow and mourping. The repentance seems to have been immediate and general. 6. the King of Nineveh-He placed himbelf upon a level with his lowest subfect, and all humbled themselves be-

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case was one of momentous interest and demanded the deepest humiliation. Kell says "It was the manifestation of the thought, that just as the animals which live with man are drawn into fellowship with his sin, so their sufferings might also help to appease the wrath of God." "Men and women, old and young, high and low, and even the cattle themselves, all kept such a fast as the total agstinence from food implies." 8. cry mightily unto God -This shows the intensity of feeling that prevailed. There was a marvelous change from their sinful practises and idolatrous worship to prayer to the true God. turn....from his evil way-Prayer to be effectual must be accompanied by a turning away from all sin. 9. who can tell if God will turn-The very fact that Jonah's message, "Yet forty days," showed a few days' delay in the execution of the sentence, gave them hope that if they should repent and turn away from their sins, the Lord would accordingly turn away his anger from them. 10. God saw their works-He saw as a man can not see. Man sees the outward signs of repentence, but God sees the condition of the heart. They brought forth "fruits meet for repentence," turning from their evil ways. God repented—He changed his purpose in keeping with their changed attitude toward him.

III. Repentance and salvation (Luke 13; 1-5; Acts 2;37-38). Jesus emphasizes the necessity of repentance as condition of salvation in his reference to the Galilaeans and to those upon whom the tower of Siloam fell. The persons who told him about the cruel act of Pilate in putting the Galilaeans to death, may have believed that they were especially wicked, and retribution was visited upon them for their sins. This may have been the fact. but it is also a fact that by no means all the punishment for sin is visited upon the guilty in this life. We know nothing more than is given here about falling power of Siloam. The teaching of Jesus here is not regarding the judgments of God upon the wicked, but regarding the necesslity for repentance. Not only should the Galilaeans and the eighteen who were pented, but the necessity is laid upon all to repent, otherwise destruction is certain. Repentance includes a thorough change of attitude toward sin, with a desire for deliverance from it. Acts 2; 37, 38. The people who heard Peter preach at Penetcost were deeply moved and asked the apostles what they should do. Peter's reply was, "Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ve shall receive the gift of the Holy Ghost." John the Baptist came preaching repentance; Jesus came preaching repentance; and the apostles went forth with the same message.

QUESTIONS— Upon what mission was Jonah sent? What course did he which settled in my elbow, shoulder Nineveh and how far from the land of me great suffering. The trouble was see an improvement and I got a fureveh? liver? What effect did his preaching Pills. After taking the Pills for some have upon the people? What did God do with the city? Why? In what ness in the joints disappeared and I of the trouble since that time. I does repentance consist? What are the fruits of repentance?

PRACTICAL SURVEY. Topic-The nature and fruits of repentance.

L. Repentance. II. Its fruits.

1 Repentance.—Repentance holds its place as a cardinal doctrine of the Christian system and an experience inseperable from a true Christian life. Throughout the scriptures its place and importance are recognized. Under the ceremonial dispensation, in which material blessings were the prominent inentive and their withdrawal of punishment, repentance is an indispensable condition of material or moral restoration. In the later spiritual dispensation it is inseparable from Christian experience and privileges. John preached repentance, and Jesus throughout his ministry enforced the same imperative demand and commanded that it be preached in his name. That it might become possible was the purpose of his exaltation (Ats 5:31). It was the keynote of apostolic preaching, as it must continue of all true evangelism. Any preaching which modifies or minifies this essential truth is radically and fatally defective. Repentance originates in a "godly sorrow," which breaks the heart for sin and from sin, and regards its character rather than its consequences. The opostle establishes a sharp distinction in moral value when he adds, "The sorrow of the world worketh death." great, though deepened to include the moral element of remorse, does not sause of their sins sat in ashes—He constitute repentance. It means the

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deft his costly throne and took the downest-place; expressing his deep sor- sort of the state of THE DAY'S WORK

BEPENDS UPON COOR BLOOD TO NOUR SM THE BORY

Weak People Need a Tonic, One Which Acts Directly Upon the Blood and That Does Not Weaken the Body by Useless Purging.

There are thousands of people ate caused me intense pain and some throughout Canada who are without ambition or strength to do their day's work, and who are always tired out, have but little apprtite and a poor digestion. They cannont get a refreshing night's sleep and are subject to headaches, backaches and nervousness because their blood is impure. To men and women in this condition, Dr. Williams' Pink- Pills give quick relief and permanent cure because of their direct action on the blood, which they build up to its normal strength. As the blood becomes rich and red it strengthens the muscles, tones up the nerves, makes the stomach capable of digesting food, and repairs the wastes caused by worry or work. In a word, the use of Dr. Williams' Pink Pills means restoration to perfect health.

BLOOD TURNED TO WATER.

Miss Jessie McLean, Trenton, N.S. says:—"I was as weak as it was possible for any one to be, and yet be able to go about. My blood seemet to have turned almost to water. I was pale, the least exertion would leave me breathless, and when ! went up stairs I would have to stop and rest on the way. I often had severe headaches, and at times my heart would palpitate alarmingly. good friend urged me to try Dr. Williams' Pink Pills and I have reason to be grateful that I took the advice. Pilate's crime or the tragic death of Soon after beginning the use of the the eighteen who were crushed by the Pills I began to get stronger, and by the time I had taken seven boxes I felt that I was again enjoying good health. I think Dr. Williams' Pink Pills are a blessing to weak girls and shall always warmly recommend

RHEUMATIC PAINS.

The sufferer from rheumatism who experiments with outward applica-tions is only wasting valuable time and good money in depending upon such treatment the trouble still remains, and is all the time becoming more firmly rooted harder to cure when the proper treatment is applied. Treat this disease through the blood and you will soon be rid of the pains and tortures. As a cure for rheumatism Dr. Williams' Pink Pills the impure, weak blood; they purify and strengthen it, and so root out the cause of rheumatism. Mr. D. Lewis, postmaster at Escuminac, N. B., says: "I was attacked with rheumatism, time the rheumatic pains and stiffhave not had any return of the

A GOOD DIGESTION.

Mrs. William Dale, Midland, Ont., says:—"I suffered for a long time from a severe form of indigestion. benefit that I had all but given up boxes for \$2.50 from The Dr. Wil-

days I did not touch a thing but a prepared by either shallow ploughing cup of cold water, and even that distressed me. As a result I was very much run down, and slept so poorly that I dreaded night coming on. I was continually taking medicine, but was actually growing worse instead of better. Having often read the cures made by Dr. Williams' Pink thoroughly before being placed in the Pills, I finally decided to give them a trial. I have had great cause to bless this decision, for by the time I had used a couple of boxes there was no doubt the pills were helping me, and in less time than I had anticipated the pills had cured me, and I was again enjoying not only good digestion, but better health in every way than before."

ALWAYS FEELS FIT.

The wonderful success of Dr. Williams' Pink Pills is due to the fact that they go right to the root or the disease in the blood, and by making the vital fluid rich and red strengthen every organ and every nerve, thus driving out disease and pain, and making weak, despondent people bright, active and strong. Mr. W. T. Johnson, one of the best known and most highly esteemed men in Lunenburg County, N. S., says:-"I am a Provincial Land Surveyor, and am exposed the greater part of the year to very hard work travelling through the forests by day and camping out by night, and find the only thing that will keep me up to the mark is Dr. Williams' Pink Pills. When leave home for a trip in the woods am as interested in having my supply of pills as provisions, and on such occasions I take them regularly. The result is I am always tit. I never take cold, and can digest all kinds of food such as we have to put up with hastily cooked in the woods. Having proved the value of Dr. Williams Pink Pills, as a tonic and health builder, I am never without them and I lose no opportunity in recommending them to weak people I meet."

SKIN TROUBLE CURED. Mrs. W. Ritchie, Parkbeg, Sask., says:-- "Two years ago I was attacked with eczema on my hands. I tried almost everything that was advised, but as the trouble was growing worse are unequalled. They act directly on | I consulted a doctor and took his treatment for some time with no better results. By this time my hands were a mass of sores and I began to despair of finding a cure. A friend moths which occur in that province. strongly advised me to try Dr. Wiltake upon the first call? Where was and knee joints, and at times caused so. After using two boxes I could How large a city was Nin- particularly severe last spring and I ther supply. I used altogether eight definite control measures are recomdecided to try Dr. Williams' Pink boxes, by which time every trace of the eczema had disappeared and there has been not a single symptom gladly recommend Dr. Williams Pink Pills for troubles of this kird."

Dr. Williams' Pink Pills should be kept in every home, and their occasional use will keep the blood pure and ward off illness. You can get these pills through any medicine and had doctored so much without dealers or by mail at 50c a box or six hope of getting better. Everything I liams' Medicine Co., Brockville, Ont.

entire and eternal renunciation of sin in desire and deed (Isa. 55:7). has primary regard to the law and its requirements. Though essential, it is neither meritorious nor expiatory. In itself it possesses no moral value, and is not the ground of forgiveness. It offers no atonement and renders no satisfaction. It may assure the future, but makes no pro-

vision for the past. II. Its fruits.—The repentance always produces results. John demanded of the flocking multitudes that they "bring forth fruits meet for repentance," the rich by becoming unselfish, the publicans, honest in their collections and accounts and the soidiers by ceasing from violence, false accusation and mutinous discontent. He warned them against expectations founded on ancestry. Nineven repented at the preaching of Jonah, and king and peasant sat in sackclojth side by side. Threatened destruction was averted, and an unpromised pardon secured. The prodigal son renented when, humbled and hungry, he faced homeward, framing his confession as he went, demanding nothing, and asked only a servant's place, with bread. Confession accompanies repentance, as forsaking follows it. Botu are conditions of moral restoration (Prov. 28:13, 1 John 1:9'. Restitution, where necessary, is an inseparable result. Ceremonialism required the restoration of the thing wrongfully secured, and in some cases with multiplied value (Exod, 22:4). Zacheaus opened his purse with his heart and promised a fourfold restoration of all excess collections, together with half his fortune for benevolences. The parables of the lost sheep and lost silver express divine solicitude and reioicing. When repentance is sincere. it awakens angelic interest and reioicing and, accompanied by true faith, results in salvation. W.H.C.

Chicory.

It is a coffee substitute. Another name for it is "succory." The endive is its cousin, belonging

also to the "cichorium." Chicory has a long root resembling carrot and leaves like the dande-

The roots have been used as coffee substitute, or to mix with coffee for century or more.

The dried roots are roasted in hot cylinders and ground into chicory powder or "chicory coffee." Chicory itself has many adulterations from roasted acorns to mahogany dust!

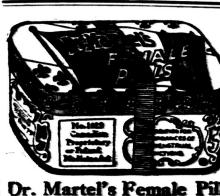


PEAS AND OATS Oftentimes the failure of the regular

hay crop or the necessity for an increased amount of forage is the cause for much speculation in determining a practical means of providing for the deficit. As an emergency crop there is none more suitable than a mixture of peas and oats. In fact, is a valued dual purpose crop, with those who have had experience with it since it is equally suitable for soiling, hay silage and grain purposes. The classes of crop, namely peas and oats, making up the mixture are admirably adapted for growing togeth-

They both have the same seasonal and climatic requirements and mature in about the same number of days. Besides the cats support the pea vines which facilitates the harvesting and curing of the crop.

At the Central Experimental Farm and several of the branch Farms and Stations this crop has been utilized extensively as a soiling, silage and hay crop as circumstances demanded. It is usually grown as a catch crop where the hay crop has failed or in a regular rotation of, first year hoed crop, second year peas and oats seeded down to clover and, third year, clover hay. Exception may be taken to peas and oats as a nurse crop which is ordinarily justifiable where the crop is allowed to ripen for grain. On the other hand, where the peas and cats are cut in the green state, thus being removed early in the sea-



Or. Martel's Female Pills

Farms the stands of clover on areas having peas and cats as the nurse erop, are practically equal to other stands of clover grown with nurse crops of wheat, barely and oats.

The cultural treatment of the soil for a crop of peas and oats under regular cropping conditions is similar to that for ordinary grain cops. Full ploughing, disced thoroughly in the spring until a deep, mellow seed-bed is prepared, proves most satisfactory. Sown as a catch crop where new seed ings of grasses and clovers fail, fairly satisfactory seed-bed may be or by thorough discing depending on the compactness and nature of the soil. Older meadows or exhausted sod areas can only be prepared for crop by ploughing and discing. In sowing, the ordinary seed-drill is used. The peas and oats should be mixed seed-box of the drill and from time to time as sowing goes on the mixture should be stirred with the hand. Otherwise the peas will work down through the oats and be sown first leaving the last part of the seeding almost pure cats. The most suitable proportions of the mixture are equal parts by weight, sown at the rate of at least 3 bushels per acre. Suitable varieties include Golden Vine and Prussian Blue pea and Banner and O. A. C. No. 72 oats.

Cutting frim soiling may take place before pods form on the pea vines and the oats begin to head. Saved as hay, cutting begins as soon as pods are formed and the oats kernels are in the milk stage of growth. This is also the most suitable stage at which to cut for silage. If the crop is not required for any of the foregoing purposes it may be allowed to ripen to be harvested for grain. Both grain and straw make good feed.

The feeding value of pea and oat hay is high, standing very close to alfalfa and equal to red clover. As silage it is excellent, although it yields less and the cost of production is greater than corn ensilage.

This accommodating crop, so suited to varied conditions, is bound to become better known and more highly appreciated on a greater proportion of Canadian Farms.

APPLE BUD-MOTHS CONTROL IN NOVA SCOTIA.

The apple is attacked by a number of different insects. In Nova Scotia the caterpillars of the Bud-moths are probably the cause of more loss than all the other insects combined. The Entomological Branch of the Dominion Department of Agriculture has just issued Bulletin No. 16, entitled "The Apple Eud-moths and Their Control in Nova Scotia," by G. E. Sanders and pages gives an account of the life-histories of the four destructive bud-The chapter on the control of these A. G. Dustan. This bulletin of insects discusses results obtained from spraying experiments, following which mended. Useful information is also included on parasitic insects and other natural enemies. Fourteen illustrations appear in the bulletin. These show injured blossoms and fruit, various stages of the insects, etc. This publication will be of much value to apple grocers in eastern Canada. It can be obtained free of charge on application to the Publications Branch, Department of Agriculture, Ottawa. A technical edition of the bulletin giving scientific descriptions etc., bas also been published. This will be of special interest to economic workers. Enquiries regarding insects, in general should be adressed to "The Dominion Entomologist, Department of Agriculture, Ottawa, Ont."

ARTIFICIAL.

"A pretty thing, forsoeth." "What have you there?" "A sonnet addressed by my friend Scribson to a lady's evebrow."

"It ought to please the lady." "I don't know about that. Scribson treats the subject as a work of art and not a masterpiece of nature."-Birmingham Age-Herald.

@69696969696969696969 Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrupaftermeals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thr.s relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots" contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago, it remove, the cause. 50c. a bottle at druf sts. -----

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FARMER'S MARKET.

PARMERS MAIL	A.A.	
Dairy Produce-		
Butter, choice dairy	0 50	0.55
do., creamery	0 60	0 65
Margarine, gb	0 35	0 40
Eggs, new laid, doz	0 50	0 52
Cheese, lb		0 40
Dressed Poultry-		
Turkeys, lb	0 45	0 50
Fowl, lb	0 42	0 45
Chickens, roasting	0 45	0 50
Geese, lb	0 30	0 32
Fruits-		
Apples, basket	1 00	1 25
do., barrel	6 00	14 00
Vegetables—		
Asparagus, bunch	0.50	0 60
Beans, new qt		0 20
Beets, peck		0 30
do., bag		1 10
Camata mode		0 40
Carrots, peck	1 75	2 00
do., bag	0 10	0 15
do., new, bunch	0 15	-0 25
Cabbage, new, each		0 20
Cucumbers, each	0 10	0 25
Celery, head	0 10	
Lettuce, 3 bunches for		0 10
do., head	0 10	0 15
Onions, imp. box	5 50	
do., do., ib	0 15	
do., green, bunch	0 05	0 10
Leeks, bunch		0 30
Parsley, bunch	0 10	0 15
Parsnips, bag	1 00	1 10
do., peck	0 25	0 30
Potatoes, bag	2 00	2 15
Rhubarb, indoor, 2 for	0 25	
do., outdoor, 4 for	0 25	
Sage, bunch	0 05	0 10
Spinach, peck	0 60	0 75
Savory, bunch	0 05	0 10
Turnips, bag	1 25	1 50
do., peck		0 30
Toronto Cattle	Man	-An

1	Savory, bunch 0 05	0 10 1 50
	Toronto Cattle Mar	
	Export cattle, choice 14 00	15 00
	Export cattle, medium 13 00	
	Export bulls 11 00	12 00
	Butcher cattle, choice 11 50	13 00
1	Butcher cattle, medium 10 50	11 50
-	Butcher cattle, common 10 50	
1	Butcher cows, choice 10 00	10 50
1	Butcher cows, medium 10 50	
1	Butcher cows, canners 4 50	5 00
1	Butcher bulls 10 00	11 00
1	Feeding steers 11 00	13 00
1	Stockers, choice 10 00	11 00
1	Stockers, light 8 50	10 00
1	Milkers, choice 90 00	155 00
1	Springers, choice 100 00	155 00
	Sheep, ewes 15 00	16 00
1	Bucks and culls 800	12 00,
1	Lambs 9 00	19 00
1	Hogs, Fed and watered 21 25	(
	Hogs, f. o. b 20 25	
١	Calves 15 50	17 00

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE. Fluctuations on the Winnipeg Grain Ex-May 3 95 3 97 3 94 8 94 July 3 84 3 8514 3 81 3 81 Barley— May 1 15% 1 15% 1 12% 1 12% July 1 14% 1 14% 1 11% 1 11% 1 11%

MINNEAPOLIS GRAINS. Minneapolis, May 13.-Elour unchanged. Barley-\$1.08 to \$1.13. Rye-No. 2, \$1.56 to \$1.56½. Bran-\$39.00. Flax-\$4.03 to \$4.05. DULUTH LINSEED.

Duluth, May 13.—Linseed on track, \$4.03 to \$4.05; arrive, \$4.03 to \$4.04; May, \$4.02 bid; July, \$4.03; October, \$3.82. THE WOOL MARKET.

London, May 13.—The wool auction sales were continued to-day with offerings of 8,100 bales, choice combings were often 10 per cent. dearer. Melbourne scoured cross-breeds sold as high at 58

CHEESE BOARD.

St. Paschal, Que.—May 13.—At the reg. butter were sold to Ayer, Montreal, odysc. No cheese boarded.

BUFFALO LIVE STOCK. East Buffalo report: Cattle, re-

ceipts 75; steady. Calves, receipts 225; 50 cents higher; \$6 to \$16.50.

Hogs, receipts 500; steady; heavy \$21.50 to \$21.60; mixed and yorkers \$21.50; light yorkers, \$20.75; pigs, \$20.50; roughs, \$18.75 to \$19; stags, \$12 to \$15

Sheep and lambs, receipts 2,800; slow; sheep 25 cents to 50 cents lower; lambs \$10 to \$16; yearlings \$10 to \$14; wethers \$12 to \$12.50; ewes \$5 to \$11; mixed sheep \$11.50 to \$12.

To Be Avoided.

To be avoided in the vegetable gar-

Too large a garden. Too much variety. Too close planting. Too much seed. Too thick a stand of plants.



DRG. SOPER & WHITE