AN IDEAL TONIC FOR WEAK PEOPLE

Dr. Williams' Pink Pills Act Directly On the Blood and Nerves.

Food is as important to the sick person as medicine, more so in most cases. A badly chosen diet may retard recovery. In health the natural appetite is the best guide to follow; in sickness the appetite is often fickle and depraved.

Proper food and a good tonic will keep most people in good health. Dr. Williams Pink Pills are the most popular tonic medicine in the world, harmless and certain in their action, which is to build up the blood and restore the vitality to the run-down system. For growing girls who become thin and pale, for pale, tired women, and for old people who fail in strength Dr. William's Pink Pills are an ideal tonic. Thousands of people have testified to the health-giving qualities of Dr. Williams Pink Pills, and in many homes they are the only medicine used. Among the homes in which the benefit of this medicine has been proved is that of Mr. E. A. Underwood, Kingston, Ont., who says: — "I have used Dr. Williams Pink Pills with the most beneficial results. As the result of hard work I was very much run down, and my appetite was very poor. I got a supply of the pills which I used regularly for some weeks with the result that they restored me to my old time strength. They also proved a blessing to my daughter, who was in a very anaemic condition, and who seemed not to get more than temporary relief from any medicine until she took Dr. Williams Pink Pills. She took the pills for about three months, and is now enjoying the best of health. For these reasons I can strongly recommend Dr. Williams Pink Pills."

At the first sign that the blood is out of order take Dr. Williams Pink Pills, and note the speedy improvement they make in the appetite, health and spirits. You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for $2.50 from the Dr. Williams Medicine Co., Brockville, Ont.

SUNDAY SCHOOL LESSON

Commentary.—I. Christ's burden (vs. 32-34). 32. Came—Jesus and His disciples, except Judas, left the upper room at about midnight, passed out an eastern gate of Jerusalem and crossed the Kidron valley toward the Mount of Olives. Gethsemane—The name means "oil press," probably from there having been an oil press there to extract the oil from olives, which grew in abundance in that locality. It was an enclosure, and may have belonged to some friend of Jesus. At least he was accustomed to retire to this place (Luke 22:39; John 18:2). In the place now said to be Gethsemane there are several very old olive trees which are thought to be a thousand years old. They may have been shoots from the roots of trees that were standing in Christ's time. Sit ye here—This Jesus said to eight of His disciples, placing them at the entrance of the garden. They were familiar with his practice of retirement for prayer. A crisis, if not the great crisis, of His earthly ministry was at hand. He knew what awaited Him, and He realized His need of communion with the Father. 33. Taken with him Peter and James and John—These three were the inner circle of Christ's disciples. They were near Him because of their faith, devotion and capability to enter into deep sympathy with Him. They had been with Him on the Mount of Transfiguration and in the room where He had raised the dead to life. They seemed to understand Him better than did the others, and this was a time when His human nature craved companionship. Sore amazed—The expression indicates both great amazement and a failure to grasp the nature of the new feelings that possessed Him. This has reference to the human side of His nature. Heavy—The root idea of the word is that of being away from home. 34. Exceeding sorrowful unto death—This was not physical suffering; it was anguish of soul. It was so severe that it would have resulted in death had it continued long. Tarry ye here, and watch—Jesus know that the three disciples whom He addressed loved Him, even though they were not strong, and He desired that they should be near Him.

II. Christ's prayer (vs. 35, 36). 35. went forward a little—Jesus went "about a stone's cast" (Luke 22:41) from where the three were and prayed alone, fell on the ground—"Fell on his face" (Matt. 26:39). He kneeled down and pressed his forehead to the ground in token of his deep humiliation and earnest supplication. prayed—There are seasons in human experience when nothing avails but prayer. Jesus was human as well as divine, and he poured out his sorrowful and oppressed soul in prayer. "We see here in full view of the deepest mystery of our faith,—the two natures in one Person." If it were possible—The human nature of Jesus appealed to the Father that, if there was any way to accomplish man's redemption without the agonies of that and the succeeding hours, it might be so done. 36. Abba—The Aramaic word for father. It is doubtless the very word that Jesus used. The word is used only twice besides this in the scriptures, and both times by Paul (Rom. 8:15; Gal. 4:6). all things are possible—This is an ascription of omnipotence to the Father, yet there was an implied recognition of the divine wisdom, and a submission to the devine plan in the redemption of the world. take away this cup—Luke says, "If thou be willing." Jesus was not shrinking from his approaching death upon the cross. He knew that it was awaiting him. The cup that he mentioned in his prayer, and which even then was being pressed to his lips, was the crushing weight of the sins of the world that was resting upon him. His human feelings and human reason were craving relief, if such relief was in the divine will. not what I will, but what thou wilt—His own will was gladly yielded to the Father's will. This is the only satisfactory attitude for anyone to take, that of glad submission to the will of God. It has been suggested that Jesus feared the agony of Gethsemane might produce death, so that he could not come to the cross, there to pour out his life for the sins of the world.

III. The disciples asleep (vs. 37-42). 37. Findeth them sleeping—Jesus came to them to receive the sympathy they might afford. His coming to them and the words he spoke to them afforded them a lesson in watchfulness and prayer, which has come down to us with great force. They could scarcely have realized the full significance of the hour, yet their hearts were bowed down with grief, for Luke says they were sleeping because of sorrow. It was past midnight and the disciples were weary with the great events of the preceding day and evening. In the quiet of the place and the hour they yielded to the desire for rest. Had they comprehended the real situation, they doubtless would have resisted the tendency to slumber, and would have performed the service for Jesus which he desired. Simon, sleepest thou—On the way to the garden Peter had declared in the strongest terms his loyalty to his Master. In these words Jesus administered a gentle rebuke to Peter for so soon becoming indifferent to him. One hour—Jesus had been in the deepest agony of soul and "his sweat was as it were great drops of blood falling down to the ground" (Luke 22:44), but his disciples were apparently indifferent to his suffering and went to sleep. 38. Watch ye and pray—An exhortation applicable to that occasion and to all occasions. Lest ye enter into temptation—If they failed to watch and pray, they would be liable to be affected by temptation and to enter upon the performance of what the temptation suggested. Spirit truly is ready—The higher nature responded or assented to the call of duty. Flesh is weak—The lower nature has its limitations. The thought of the disciples sleeping at this critical time warns us of our duty to be constantly alive to the interests of God's cause.

39. Again he ..... prayed—His going the second and third times shows how great was his burden and how intensely in earnest he was. Christ's prayer was answered, and answered in the same way that God answers our prayers. The fact that the angel strengthened him (Luke 22:43) was an answer to his prayer. Christ's praying thus furnishes an example to us. 40. Eyes were heavy—They seemed unable to keep awake. Neither wist they—They did not know what to say to Jesus when he aroused them from their sleep. They would not frame any excuse for their failure to heed Christ's injunction, "Watch ye and pray." 41. The third time—Three times Jesus prayed to the Father. He was earnest, submissive, trustful and persistent in prayer. Three times he came to his disciples and found them asleep. The contrast between Jesus' acts and those of the disciples is most affecting. A suffering, agonizing Master; and listless, sleeping disciples! Sleep on now, and take your rest—Jesus had gained the victory. The hour for watching was over, and now they could take their rest. The hour is come—The time drew near when the traitor would come. Jesus was alert to hear the approaching multitudes and to see the lanterns and torches. 42. Rise up, let as go—The time for praying was over, and the way to the cross was opening before the Saviour. He was ready to meet the mob and to go with those who sought his life, for his hour had come.

IV. Jesus betrayed and forsaken (vs. 43-54). 43-49. The prayer of Jesus was over, and Judas with a crowd from the Jewish leaders came into the garden of Gethsemane. As previously arranged, Judas designated to the mob which one was Jesus by kissing him. Jesus allowed himself to be arrested, though in John's account the crowd "went backward," and fell to the ground," as Jesus declared to them who he was. Peter undertook to defend his Master with his sword by cutting off the right ear of the high priest's servant. Jesus healed the severed ear and reproved Peter, 50-54. In this time of stress all the disciples forsook Jesus and fled. As Jesus was led away to the high priest for an examination, Peter followed him afar off—Peter who had been exceedingly strong in his protestations of faithfulness to Jesus.

QUESTIONS.—Where had Jesus and his disciples spent Thursday evening? In what direction did they go from there? What does the name of the garden mean Why did Jesus go into the garden? How did He place His disciples? Why was Jesus sorrowful? What was his prayer? What did he mean by asking that "this cup" might pass from him Why did he tell his disciples to watch and pray? Why did they not obey him? How great were the sufferings of Jesus in Gethsemane?

PRACTICAL SURVEY.

Topic—Jesus' dependence upon his disciples.

I. The suffering Saviour.

II. The sleeping disciples.

The Mountain of Transfiguration and the Garden of Agony stand apart from all other experiences in the life of Christ in profound and instructive isolation. They are intimately related to each other and inseparable from the great purpose for which he came. On the mount the divine life reached its culmination, touching the very heavens and enshrouded in glory. In Gethsemane we have the antipodal experience in which the divine life touches hell itself and moves in awful gloo mto the final struggles with the powers of darkness. Our best outlook into the garden is from the mount of glory.

I. The suffering Savior. No experience of more profund and sacred mystery entered into the earthly life of the Son of God. This is holy ground and it becomes us with unshod feet and hushed spirit to contemplate the scene. As Jesus entered the shadows a revulsion of feeling seems to have overwhelmed him. The calm and even joyous confidence of the "guest chamber" gives place to an unsupportable weight of spirit, a sorrow "even unto death." In the former he spoke of his own death as quietly as if the "mount of sacrifice" were another summit of blessing, and instituted a permanent memorial of the event. Now sorrow mingles with surprise. In the life of Christ it was the first shadow of the eclipse of the Father's smile as the darkness of a world's sin swept between them. It was "as he prayed" that the transfiguration glory enfolded him; and he had recourse to prayer as the cloud of unspeakable darkness gathered over his spotless spirit. The scriptures are silent concerning the former, but disclose the subject of the garden petition. The "cup" was the experience of divine indignation against sin into which, as the Savior, Jesus must enter. Into his experience as Redeemer must enter every element of suffering to which the race became subject through transgression. Physical, mental and moral agony are included in the sacred mystery.

II. The sleeping disciples. It is significant, though not surprising, that John omits the incidents of the lesson and that the chosen witnesses of his glory are the intended companions of his sorrow. It is not belittling to Christ to recognize his human longing for sympathy and companionship in the hour of agony. If any could understand, if any would sympathize, surely it was those who had scarcely passed from the radiance of his glory. But even these failed him, and he "trod the winepress alone." In the intervals of alievation he returned only to find them sleeping. Jesus bade them "watch and pray," not so much for his sake, as their own. He knew the temptation which awaited them, and which proved too much for their unstrengthened spirits. Possibly the record of desertion and denial had remained unwritten, as in many another experience since, if the sleeping hours had been prayerful. Compassion mingles with reproof in the Master's address to Simon, whose foremost professions of utmost loyalty strongly contrasted with his present and later attitude. In our smaller lives ther come hours in which bitter cups from which we shrink are pressed to our quivering lips. In "perfect acquiescence" we find perfect rest.

W. H. C.

THE JOY OF MOTHERHOOD

Came to this Woman after Taking Lydia E. Pinkham's Vegetable Compound to Restore Her Health

Waterburg, Wash.—"After I was married I was not well for a long time and a good deal of the time was not able to go about. Our greatest desire was to have a child in our home and one day my husband came back from town with a bottle of Lydia E. Pinkham's Vegetable Compound and wanted me to try it. It brought relief from my troubles. I improved in health so I could do my housework; we now have a little one, all of which I owe to Lydia E. Pinkham's Vegetable Compound."—Mrs. O. S. JOHNSON, R. No. 3, Ellensburg, Wash.

There are women everywhere who long for children in their homes yet are denied this happiness on account of some functional disorder which in most cases would readily yield to Lydia E. Pinkham's Vegetable Compound.

Such women should not give up hope until they have given this wonderful medicine a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of 40 years experience is at your service.

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SIZES to suit your openings. Fitted with glass. Safe delivery guaranteed.

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Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

Wood's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

A Dyspepsia Cure

M. D. advises: "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Seigel's Curative Syrup in the drug trade." Get the genuine. 50c. and $1.00 Bottles.

FORCING BULBS IN THE HOUSE

(Experimental Farm Note.)

Bulbs when properly forced make splendid house plants, and come into bloom during two of the winter months which most need the brightening effects of their rich colors. "Bulbs" is a general term, which includes narcissi, early tulips and the more recent Darwin tulips, noted for their elegance of form and range of rich colors.

After the bulbs have been potted the next essential is to induce an abundance of root growth as quickly as possible. The proper root development will determine the subsequent size, vigor and lasting qualities of the flowers. Explicit advice in this connection is, first, choose as the storage place for the pots the coolest, darkest and dampest part of the cellar—or the vegetable storage room is very suitable. Second, provide a condition which approximates as nearly as possible the condition they would have if planted in the ground outside. One thorough watering at the time of potting may be sufficient, but in most cases it is not, therefore water regularly as often as the top soil shows signs of dryness. Another method is to plunge the pots into damp sand and keep the sand moist. Provided the place is not too cool, or they are not kept exceptionally wet, rooting will proceed satisfactorily, and towards the end of December the roots should begin to fill the pots. Third, after two months or ten weeks have elapsed bring the pots into a lighter place and water even more regularly and frequently. Allow them to make about three inches of growth and the growth to change to a good green color, then bring some of the pots into the full light and warmth. Very rapid and healthy growth should soon result.

A few words or advice as to what not to do. First, do not on any occasion place the pots too near the furnace or near the hot air outlets; dry, warm air is disastrous to healthy plant growth. It dries out the soil and hardens the roots; it stunts the foliage and shrivels up the blossoms. Second, do not over-water at any period; the soil should be kept always moist, but never soggy and cold, and do not allow the roots to stand in pots of water. Third, do not allow the plants to experience too violent temperature changes. At the time of rooting the temperature may range from 35 to 45 degrees, and after the plants are brought into the light it should range from 50 to 70 degrees. Higher temperatures during the day, due to combined furnace and sun heat may not hurt the plants, but they are apt to be materially injured if forced to experience several hours of dry, high temperature during the evening when they should enjoy the resting period always provided for them under natural conditions.

Flowers with little or no stem and plants with a stunted growth are due to improper forcing methods. Bulbs appreciate the sunshine, and when in the flowering stage also respond to and should have abundance of water. —F. E. Buck, Assistant Horticulturist.

It is Wise to Prevent Disorder.—Many causes lead to disorders of the stomach and few are free from them. At the first manifestation that the stomach and lives are not performing their functions a course of Parmelee's Vegetable Pills should be tried, and it will be found that the digestive organs will speedily resume healthy action. Laxatives and sedatives are so blended in these pills that no other preparation could be so effective as they.

Long Standing Asthma. Many have suffered so long from asthma and have tried so many so-called remedies they think that there is no real help for them. They should read the letters received by the manufacturers of Dr. J. D. Kellogg's Asthma Remedy from hundreds of cases once as desperate as their own. Even in long-neglected cases this famous preparation brings prompt help.

CEREAL DISHES

In a house where there are several children it seems as if there was always a bowl of left-over cereal of some kind waiting to be used, and there are countless of most appetizing ways in which it may be incorporated into other dishes quite different from the usual run, if one only knows how. One young mother has half a dozen recipes in her card index for this very purpose. If it is the fine white cereal that she has she simply puts it into custard cups, sometimes with a spoonful of jam or left-over berries in the middle, and lets it get cold. Then she turns it out onto plates and serves it with sugar and cream or a custard sauce, and it has become one of the favorite desserts at her house.

A cupful beaten in with two eggs and a little milk makes enough omelet or scrambled eggs for her family of four, which is a great saving with eggs soaring every way.

BREAKFAST MUFFINS.

Delicious breakfast muffins can be made with rolled oats. Soak a cup of them over night in a cup of sour milk. In the morning add one egg, a teaspoonful of soda, half a teaspoonful of salt, a cup of flour and a tablespoonful of shortening. Bake in a hot oven.

A good company muffin for luncheon or breakfast is made with grapenuts. Beat two eggs until light. Add half a cup of sugar and one cup of milk. Sift two cups of flour with four tablespoonfuls of baking powder and half a teaspoonful of salt. Stir this in and then add two tablespoonfuls of shortening, melted. Just before putting into the muffin pans, put in a cup of grapenuts. They will taste quite like nut muffins.

CAKES FOR TEA.

Little cakes to serve with iced tea on the porch on a hot afternoon can be made at home. Beat an egg until very light and gratually, beating all the time, a cup of sugar. Then stir in two tablespoonfuls of melted butter, a cup of rolled oats, half a teaspoonful of salt and flavor with vanilla. Drop into the bottom of a large baking pan from a teaspoon. Bake in a moderate oven until a golden brown. Cool in the pan and then take out with a thin knife.

Oatmeal pancakes make a very good breakfast. Beat two eggs well and add them to two cups of left-over oatmeal, half a cup of milk two tablespoonfuls of shortening, and beat again well. Then add a cup of flour mixed with two teaspoonfuls of baking powder, three tablespoonfuls of sugar, and a teaspoonful of salt. Bake on a greased griddle. Serve with syrup for breakfast of spread with jelly, roll and sprinkle with powdered sugar for dessert.

A DELICIOUS PUDDING.

A very good pudding to make when you are cooking a roast, for it can be made with any of the coarser cereals. To one quart of milk add a cup of the cereal, a half cup of molasses, a half cup of sugar and salt to taste. Bake in a slow oven for three hours, stirring down two or three times during the first hour. Serve with whipped cream or hard sauce. This can be baked very nicely in the fireless cooker.

A MESSAGE TO WOMEN!!

LET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, postpaid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

Mrs. M. Summers, Box 8, Windsor, Ont.

Shapespeare Plus Cerventea.

There is an old tradition, which links Cervantes wit Shakespeare in connection with the lost play "Cardenno," or "Cardenna," which was twice acted at court by Shakespeare's company in 1613 and was announced for publication some forty years later as "The History of Cardenio, by Fletcher and Shakespeare." The publication never took place, and nothing is otherwise known of the piece with certainty, but Sir Sidney Lee believes it to have been a dramatic version of the adventures of the lovelorn Cardenio, related in the first part of "Don Quixote," Shelton's translation of which appeared in 1612.

Salt has been described as a natural element of the blood in about the same proportion as in the water of the ocean. Under general conditions we do not feel the existence of salt in our bodies because its effect is counteracted by a due proportion of water.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions favorable to worms will disappear, and the child will have no more suffering from that cause.

Grass Grows Two Feet a Day.

The giant bamboo grass of Japan and China grows at the rate of two feet a day in some instances, and sometimes to the height of 150 feet and a diameter of two feet. A clump is planted and it widens over the landscape with remarkable rapidity. The bamboo takes the place of steel and iron to a great extent in China and Japan. The farmer uses it to build his house and fence; his household furniture is manufactured from it, and the tender shoots furnish him with a delicious vegetable for his table. It supplies framework for awnings, ribs of sails and handles of rakes, material for chicken coops and bird cages, stuffing for pillows and mattresses, chopsticks for eating, pipes for smoking, brooms for sweeping, chairs to sit upon, skewers to pin the hair, hats to screen the head, paper to write on, the pencil to write with, the crab net and the fishpole.

A Powerful Medicine.—The healing properties in six essential oils are concentrated in every bottle of Dr. Thomas' Eclectric Oil, forming one of the most beneficial liniments ever offered to the use of man. Thousands can testify as to its power in allaying pain, and many thousands more can certify that they owe their health to it. Its wonderful power is not expressed by its cheapness.

Literary Rocks.

Theodore Dreiser is a novelist of repute, but his novels are apt to be very long—700 or 800 pages in fact.

"There are sermons in stones," Mr. Dreiser said at Greenwich Village tea, whereupon a young lady sculptor interrupted him:

"Yes, that is very true," she said, 'but you ought to remember that the precious stones are all small, and that they require a lot of cutting.'"

When Holloway's Corn Cure is applied to a corn or wart it kills the roots and the callosity comes out without injury to the flesh.

You've Heard of 'Em.

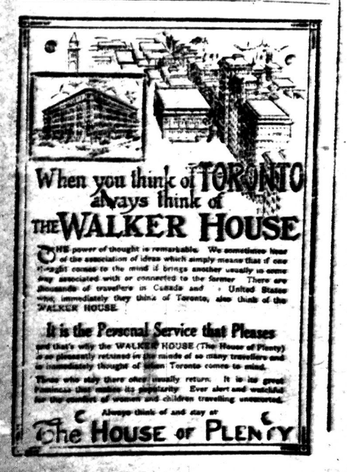
"Laddy," said Mournful Marmaduke, the meandering mendicant, "could yer help a poor feller what's the victim of circumstances?"

"What circumstances?" asked the suspicious woman with the pointed nose and drooped chin, as she glanced significantly toward the wood pile.

"Reduced circumstances, laddy."

Wise mothers who know the virtues of Mother Graves' Worm Exterminator always have it at hand, because it proves its value.

Many a fellow now wishes he had all the push he had expended on saloon doors.



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