

RHEUMATIC PEOPLE

One Only Find Relief By Purifying the Blood.

Rheumatism is a disorder of the blood. It attacks people when the blood is overcharged with acid and impurities, thus setting up inflammation in the muscles and joints. Wet weather or cold weather of autumn may start the tortures of rheumatism, but it is not the cause. The cause is in the blood and the blood only. Victims of this malady have every reason to fear the first dull ache in the limbs and joints, followed by sharp pains through the flesh and muscles; these are the symptoms of poison in the blood which will shortly leave the victim paralyzed and helpless.

There is only one way to cure rheumatism, and that is through the blood. Liniments, hot applications, and rubbing may give temporary ease, but cannot possibly root the trouble out of the system. That can only be done by the rich, red blood which Dr. Williams' Pink Pills actually make. This new blood drives out the poisonous acids and impurities, and the rheumatism disappears. If you are a sufferer from this painful malady begin curing yourself to-day by the use of Dr. Williams' Pink Pills, and see how soon the pain and stiffness of the joints fade away, leaving behind new energy and new health.

You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

SCHOOL LESSON

Lesson III. Oct. 19th, 1919. Jesus at Peter's home. Mark 1: 29-39.

COMMENTARY—I. Healing in a home (vs. 32-34). 29. Forthwith, when they were come out of the synagogue—It was on the Sabbath and Jesus had been teaching and exercising divine power of the synagogue of Capernaum. Immediately after the casting out of the demon Jesus with the four disciples whom He had recently called went from the synagogue service to Peter's home (Matt. 8:14), where Andrew also dwelt. 30. Sick of a fever—He was prostrated. Fevers were prevalent about Capernaum, on account of the marshy region near. According to the physician Luke it was a "great" fever. Intermittent fever and dysentery, the latter often fatal, are ordinary Arabian diseases. (Maclear, "Anon" "Straightway."—R. V. Tell him of her—The mighty cures which Jesus had already wrought prepared the minds of those interested to believe that He could cure this woman. 31. Took her by the hand and led her up—Matthew says, "He touched her hand." This was a token of the application of power. The fever left her—He willed and it was done. The curative virtue is in Christ's will, not in instrumentalities. Ministers attend to them—Sick fevers naturally leave the patient weak and liable to dangerous relapses, and much time and care are required to cover the usual strength. In this case strength was given immediately, and they cured woman went about the household tasks that awaited her. Through the coming of Jesus into the home health came instantly to one who was seriously ill. Blessings ever attend the presence of Jesus, and happy are they who give him welcome. Cures were sometimes wrought by our Lord, which were not instantaneous, as in the case of the blind man whose sight was restored gradually (Mark 8: 22-26); but usually he healed completely and instantly.

II. Multitudes healed (vs. 32-34). 32. Even—Evening, Jesus had attended the Sabbath service in the synagogue. The sun had set and the Sabbath was over. They brought unto him—Since the Pharisees considered it unlawful to carry a bed on the Sabbath, the friends of the sick refrained from bringing them before the close of the Sabbath. Then also it would be cooler than in the heat of the day. Possessed of demons (R. V.)—A condition in which demons or evil spirits took control of the person to such an extent that he was unable to restrain himself from acts of violence or wickedness. 33. All the city was gathered—Two notable miracles had been wrought that day. The cure of the demoniac in the synagogue had astonished the people beyond measure and the healing of Peter's wife's mother had occasioned great wonderment, reports of these cures spread rapidly throughout the city, so that by evening the crowds had assembled, bringing those who were afflicted. At the door—The multitudes pressed to the door of Peter's home. They were convinced of Jesus' power and willingness to relieve those who were in distress. 34. He healed many—Matthew says, "And healed all that were sick" (8:16); and, connected his work with Isa. 53:4, as being the fulfillment of the prophecy there recorded, and said, "That it may be fulfilled which was spoken by Isaiah, the prophet, saying, Himself took our infirmities, and bore our sicknesses" (Matt. 8:17). Divers diseases—Many different diseases. No disease was in existence that could battle the skill of the great Physician, and he could bring relief from every sort of trouble. Suffered not the devils to speak, because they knew whom—Jesus was not willing to have testimony born to his Messiahship by demons. The voice from heaven which always spoke the truth had declared him to be the Son of

God, and he would not permit him, given to lying, to testify to his divinity. The words that Jesus performed, the spiritual authority and simplicity of his teaching, and his own declarations concerning his nature and mission, joined with the testimony from heaven, made clear his deity.

III. Jesus at prayer (v. 35). In the morning—The day following the Sabbath. A great while before day—The fact that Jesus rose thus early in the morning shows how important and necessary He understood it was for Him to pray. It indicates how great was the burden upon His heart for a lost world. A solitary place—A remarkable feature of the Lake of Galilee was that it was closely surrounded by desert solitudes. These desert places, thus close at hand on the table-lands or in the ravines of the eastern and western ranges, gave opportunities of retirement for rest or prayer—Stanley. And there prayed—His soul craved communion with the Father that He might carry forward the great work committed to Him. He prayed for the world that He came to redeem. His praying, however, was not wholly on His own account and for His own need, and on behalf of others, but it was an example for us. Prayer is indispensable to the Christian's life. He can not maintain His experience of saving grace and of heart cleansing without this exercise. He cannot grow in knowledge and love of God without prayer, nor can he be a successful fisher of men unless he is much in prayer. Peter and John and the other disciples were learning of Jesus, being prepared for the great work they were to do for Him, and this example He gave them of frequent and earnest prayer would be of inestimable value to them throughout their ministry.

IV. Spreading the Gospel (vs. 36-39). 36. Simon and they that were

SHILOH

SINCE 1870

30 DAYS COUGHS

with him—With Simon Peter were his brother Andrew and James and John. Followed after him—Jesus had probably tarried long in prayer, and because the people were desirous of coming to Him, His disciples went in search of Him. 37. Had found Him—People doubting knew where they would be the most likely to find Him from their acquaintance with His ways in the past. It is well if the followers of Jesus are so given to prayer that those who know them have the knowledge that they are often to be found in that exercise. Jesus was just entering upon His great Galilean ministry and a season of communion with the Father would be a most helpful preparation for it. All men seek for thee—The knowledge of his remarkable power in healing the sick and casting out evil spirits had reached the people throughout Galilee (Mark 1: 28), and the demands upon him were great. It was for the temporal good that Jesus could bestow, rather than for the spiritual good that He desired to impart, that the people were seeking Him. 38. Into the next towns—The word "towns" here means "places larger than villages." Wherein. Preach there also—His labors must not all be expended upon one community, but He must carry the gospel and its blessings into the regions beyond. This was the first missionary circuit of Jesus through Galilee. For therefore came I forth—His mission was to do good to the souls and bodies of men. He did not undertake His earthly mission for the sake of being held in admiration by the multitudes or to work miracles to satisfy their curiosity, but to bring them to a knowledge of the only way of salvation. 39. In their synagogues.—He made use of every opportunity to preach the gospel, entering the synagogues scattered here and there, even though the worship was practically lifeless. The law was read, and He was given an opportunity to unfold its spiritual and powerful truths. He could give the true interpretation to the scriptures that were there read to the people and could show that the prophecies concerning the coming of the Messiah were being fulfilled in His very presence. A new and weighty responsibility was thus placed upon them. And cast out devils—He both healed the sick (Matt. 4: 23-24) and cast out demons. Divine power was required for either work, and both showed that the gospel came for the deliverance of man from his distresses.

Questions.—What had Jesus done in the synagogue of Capernaum? Who accompanied Jesus from the synagogue? Where did they go? In what way was Jesus a blessing in the home? What took place when the Sabbath was over? Why did Jesus forbid the demons that He cast out to speak? What did Jesus do early the next morning? Why did Peter and the other disciples seek for Him? What course had Jesus laid out for Him? What was the purpose of Christ's mission? Through what means did Jesus reach the people?

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SIZES to suit your openings. Fitted with glass. See delivery guaranteed. Write for Price List (No. 1). Cut down fuel bill, house warmer.

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HAMILTON FACTORY DISTRIBUTORS CANADA

PRACTICAL SURVEY.
Topic—Christ in the Home.
I. The home.
II. Its bulwark.
Jesus exercised both a public and a private ministry, and the events of the lesson include both. Allie in the synagogue and in the domestic circle, the love and power were beneficently manifested. He regarded the individual as well as the multitude, as worthy of attention. He came into personal contact with the sinful and suffering.

FREE

To Asthma, Hay Fever and Cough. Write to-day and get a trial treatment of our wonderful... One bottle gives instant relief, while the other drives the poison from the system. Something different; no burning or nerve wrecking drugs, but two scientific medicines that will conquer any of the above ailments. Don't hesitate a minute longer. Fill out the blank below and get started on the road to health.

W. N. SUGLEY MANUFACTURING CHEMIST.
77 Dundas St. East, Toronto.
Six-pence and ten-pence bottles of our scientific remedies sent to cover cost of packing and mailing. Do this to-day as for a limited time only I make this offer.

Spiritual ailments and bodily diseases were embraced in the sphere of his purpose and ministry (Psa. 103: 3; Matt. 8: 17).

I. The home. The home was the first divinely-ordained institution among men. It involves the family which was the first relation established in primeval conditions and innocence. It antedates the church and nation and is the foundation of both. Domestic relations precede, and in our present existence are worth more than all other social ties. Both Jesus and the apostles placed special honor upon, and rigidly safeguarded, the sacred relation in which it originates. He graced with his presence and blessed with his benediction the marriage in Cana, and solicited for its unmarred sweetness called forth the first exercise of his miraculous power and glory (John 2: 1-11). Upon the integrity of the home depends the well-being of the race. The perpetuation of the latter under the most favorable conditions of heredity and environment is its first design. The development of character under equal advantages is second. It is the chief school of human virtue. Upon it depends the perpetuity of any nation. Joseph Cook said, "Only the home can found a state. The moral tone of any people is shaped by the home life, and can never rise above its average. Its virtue or virtue permeates the entire body politic. It is the safeguard of private virtue and of public liberty. The best place to make men of boys and women of girls is here. We should jealously beware of any influence or agency which tends to lower its sacredness or intrude upon its inviolate domain, under whatever insidious guise or disguise it may present itself."

II. Its bulwark. The Christian system recognizes and regulates all human interests. Apart from its teachings and moral force none can attain their best or remain secure. All other restraints prove but feeble barriers in the presence of unleashed passion. Christianity inculcates those principles of authority, obedience, affection and orderliness which are inseparable from an elevated domestic life. It is at once the source and security of all human progress. The sweetest life is in a home where Christ reigns. His dominion bears its portals against the ingress of ill-let desire or purpose, which Jesus says is equivalent in its effect upon character to overt violation of its obligations. Jesus was God's ideal of manhood. Unlike his forerunner, he was not ascetic. He sanctified all the relations of human life into which it was possible for him to enter, by fulfilling them. In Cana, Capernaum, Bethany and Jerusalem he entered into the domestic and innocent social life of those among whom he went, and he moved as a living benediction among them. Christianity is the bulwark of the home. W. H. C.

COPPER AND BRONZE.

One of the most interesting discoveries by Egyptologists throws new light on the relative origin of copper and bronze. In the Mediterranean countries, at Ortu Cominada, alongside some ancient copper mines of prehistoric age, a foundry has been uncovered with all the furnaces for smelting and molds for casting, just as it was abandoned thousands of years ago.

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

FARM GARDEN

STORING VEGETABLES FOR WINTER.
Potatoes, carrots, parsnips, onions, turnips and other root crops, also cabbage, pumpkins, squashes, etc., can be safely stored for use throughout the winter.

Work of the Mystery Ship

Of the numerous side-shows of the British Navy during the war of the past four and a half years, the most amazing is the part played by the "Q" boat of mystery ship. The story of the work done by these special vessels, as told by Lieutenant-Commander Auston, Z. C. W., who was one of the first officers gazetted to them, truly forms a romantic chapter in Great Britain's naval history. Between them and their opponents, the U-boats, was a veritable war of "stunt" and camouflage. They were typical tramp steamers from Bristol Channel ports and specially fitted out for their mission in a naval dockyard, in 1915, when the U-boat menace was becoming serious. It was not until October of that year that they were ready for their roving commission, to decoy and sink enemy submarines. Although they scoured the seas for many months of wearying strain, without ever sighting their prey, they were ultimately rewarded with conspicuous success. Their task was made none the less by the knowledge which the Germans had of the type of English merchant ships hailing from the different ports, for many of the men of the sea. So, a "Q" boat commander had to be careful to avoid steering a course which would not agree with the appearance of his ship. Once the enemy's suspicions were aroused, the submarine remained submerged and fired her torpedo at the ship.

WALKER HOUSE

ONLY in which I stay and I stay when we go to the city. Sign above always shines to say there is a room for you. The sign is a just like being home only it's better. Come in a change.

Oh, you'll like it too. Cause everyone seems to like it and I have seen over 100 people in and along we receive the attention just the same.

The Little Girl in White.
The WALKER HOUSE is the only place in the city where you can get a good dinner without paying a cent.

It is a home for travellers, centrally located in the City of Toronto.

The WALKER HOUSE
100 Queen Street West, Toronto, Canada.

Cover the pile with a foot of straw, and this with three or four inches of earth. Allow a handful of the straw to protrude through the earth for ventilation. As winter approaches the earth covering should be increased.

Six to eight inches of earth should be the final amount. Later give this a covering of a foot of straw and another covering of earth and the bank will carry the vegetables through a winter where the temperature goes 25 degrees below zero. Dig a trench around the bank to carry off all surface water.

Vegetables suitable for storage should not be harvested and stored until cool weather arrives, or about the time of the first killing frost. However, potatoes should be harvested as soon as they reach maturity, and if basement or outdoor cellar storage is available, they should be stored immediately. They should not be stored in banks or pits until the weather gets cool. Onions should be put in storage as soon as they are matured and thoroughly cured or dried.

WINTER STORAGE OF SQUASH.

Squash to be carried successfully in storage must be well matured and free from bruises, broken stems, cuts or frost injury. If one disposes of the well-colored, best matured squash and tries to keep those not well ripened, failure is likely to result under the most favorable storage conditions. A squash may be sufficiently matured for immediate use, but not be suitable for storage. In selecting for storage, therefore, pick out those which have had the longest period of growth, and just here it might be said that to get a large proportion of the crop for storage, due attention must be given to having the plants started early. It is well also to turn the squash occasionally when growing, in order to develop a hard shell on all sides. They should be handled carefully and placed immediately in a well-ventilated, dry, warm room with a temperature around 80 degrees until the shells are hard and dry, and then removed to a cool but dry, light and well-ventilated room. Under such conditions we have been able to keep squash until spring in perfect condition.—W. S. Blair, Superintendent, Experimental Station, Kenville, N.S.

A MESSAGE TO WOMEN!

Do you suffer from...
I feel a woman who is suffering. I want you to write, and let me tell you of my simple method of home treatment, and you will find it free, post-paid, and put you to rest with women in Canada who will gladly tell what my method has done for them.

Headaches, dizziness, nervousness, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial.

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

SCIENCE NOTES.

There are 782 varieties of Arctic flowers which have but two colors, white and yellow.

Compared with its area the population of Norway is the smallest of any country in Europe.

Switzerland is considering the adoption of the 24-hour clock, abolishing the A. M. and P. M.

Egypt has a railroad which runs in a straight line over the desert for a distance of 45 miles.

Gasoline production in the United States has increased from 35,000,000 to 70,000,000 barrels a year since 1914.

The natives of India show the greatest interest in phonographs, and it is considered a good market for these instruments.

In coffee-growing countries a suffusion of the leaves of the plant is held by many to be superior to that made from berries.

In Trinidad there are berries as large as a dinner plate. They are encouraged by the natives because they keep the houses free of roaches.

A method has been discovered of distilling valuable products from the chips that accumulate in wood-working establishments, and of making paper out of the residue.

Vision of an Empress.

Has anyone taken time to think of Empress Eugenie, widow of Napoleon III, just at this time? Nearly half a century ago she saw her France overthrown in her own beautiful palace at Versailles by booted and spurred German insolence. She saw her husband dethroned to die in exile. Later she mourned the death in battle under an alien flag of her only son, disinherited.

The dim eyes of the old woman, who has known so much of pomp and pride and humiliation and exile, will now see the authors of her undoing stripped and bending with bowed head before the high court of civilization and without an extenuating circumstance to plead.

Surely a fitting and dramatic close to a historic life.

Avoid the chronic knocker who always has his hammer out. The first thing you know he will be using you as an anvil.

Dr. Martell's Female Pills

For Womens Ailments

A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half a century in England. The Hinge Cover Box with Signature "Kaiserlich-Koniglich" Co. across side. Accept no other. At your Druggist or by Mail Direct from our Canadian Agents, Geo. E. & Co., Ltd., Toronto, Ont. Special receipt of price \$2.00.

Homing Instinct Supreme.

Science cannot explain the wonderful instinct which brings the pigeon to its home, but it is stronger than fear or any other obstacle. Liberated in the face of the heaviest barrage, it rises in the air to get its bearings, circles swiftly to a height of half a mile, then is off with the speed of a bullet. For a distance of 30 miles they are capable of making two miles a minute, and have flown 800 miles on a single flight.

NO PLACE LIKE IT.

"Some families," said Uncle Eben, "would be a whole lot happier if dey didn't keep tryin' to put too much jay in 'Home, Sweet Home.'"

Friendship is a curious thing. The fellow who is his own best friend doesn't care whether he has any others or not.

MURINE

Night Morning
Keep Your Eyes Clear and Healthy

Murine is a natural eye medicine. It is a clear, healthy, and refreshing eye medicine. It is a natural eye medicine. It is a clear, healthy, and refreshing eye medicine.

PIMPLES ITCHED AND BURNED

Face Was Badly Disfigured. Cuticura Soap and Ointment Healed.

"Small red pimples and blackheads began on my face, and my face was badly disfigured. Some of the pimples scaled over and these were places where the pimples were in bloom. They used to itch and burn terribly. I saw an advertisement for Cuticura and I tried them. They stopped the itching and burning and I used four cakes of Soap and three boxes of Ointment which healed me." (Signed) Miss C. A. Haynes, Stormont, N. S., Dec. 28, 1918.

The Cuticura Toilet, consisting of Soap, Ointment and Tablets, is a complete skin treatment and is sold in every drug store and by mail. For complete Book Free by Mail, address: Cuticura Dept., A. B. S. Co., N. S., Dec. 28, 1918.

For the Housewife.

Thicken a puree with potato—it will do as well as flour and butter in an emergency.

After the croutons for your soup are cut, toast them in the corn popper—it's easy, quick and satisfactory.

To keep the meringue on your pie from falling, put in a tablespoonful of baking powder just before the meringue is put on the pie.

Next time you have a roast of veal bake it with onions and add a little tomato juice to the gravy. It improves the flavor greatly.

When you are at a loss for a salad, try one of canned cherries, served on crisp lettuce leaves with French dressing.

Curious Coincidence.

The news of Germany's surrender came midway between Sunday night and Monday morning. It was on a Sunday morning that the world heard of Germany's declaration of war against Russia. Serbia's answer to Austria's ultimatum came the previous Sunday. It was on Sunday morning that we got the news of the firing of the first gun of our civil war, and it was on Sunday that Lee surrendered at Appomattox. Later on, the first tidings of the sinking of Cervera's fleet at Santiago came on Sunday morning, as did that of the signing of the peace treaty between the United States and Spain.—U. S. exchange.

How to Lose Your Friends.

Lend them money.
Tell them their faults.
Show them they're in the wrong.
Beat them in an argument.
Think of something before they do.
Do something they should have done.
Do something better than they do.
Know more than they do.
Become more popular than they are.
Ask them for a favor.
Show a special interest in their friends.
Return to them good for evil.—Life.

IRON CHERRY-BLOSSOM LIQUOR

The Japanese Give Good Example

It is a preventive of Cherry Blossom Land and that beauty of face and figure depend on womanly health.

What is it that makes our Canadian women often pale, sallow-faced, with dark circles under the eyes, and very often old at forty-five when they should be in their prime?

Women suffer from back-ache, spine-ache and headaches, followed by irregularities and as a result diseases of the womanly organs are more common than any but a physician in active practice could suppose.

After long experience in the treatment of women's diseases, Dr. Pierce evolved a vegetable tonic and corrective which he called Dr. Pierce's Favorite Prescription. This is a purely vegetable preparation, without a particle of alcohol contained in it.

When a woman complains of back-ache, dizziness or pain—when everything looks black before her eyes—a dragging feeling, with nervousness, she should turn to this "temperance" herb tonic. It can be obtained in almost every drug store in the land and the ingredients are printed in plain English on the wrapper. Put up in tablets or liquid. Dr. Pierce, of Invalids' Hotel, Buffalo, N. Y., will send a trial size of the tablets for ten cents.

Dr. Martell's Female Pills

For Womens Ailments

A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half a century in England. The Hinge Cover Box with Signature "Kaiserlich-Koniglich" Co. across side. Accept no other. At your Druggist or by Mail Direct from our Canadian Agents, Geo. E. & Co., Ltd., Toronto, Ont. Special receipt of price \$2.00.