SUNDAY SCHOOL LESSON

16. May 30th. 1920.
Jonathan and His Armor-Bearer.
1. Samuel 14: 1-46. 14:1-3.

Commentary.—I. Jonathan's courageous suggestion (vs. 1-3). 1. Jonathan—This son of Saul may have been ..eighteen years or twenty years of age. the young man that bare his armour—He was Jonathan's trusted attendant, who proved himself both brave and strong on this occasion. let us go over to the Philistines' garrison—The Philistines had come to the very centre of Israel's country with a great army and were encamped on the opposite side of the valley from where Saul's small force was staying. Jonathan's suggestion to his attendant was a courageous one. told not his father—It was not in keeping with military tactics for such a movement as this to be undertaken. Saul would not be likely to approve of the project. 2. uttermost part of Gibeah—Shul, with his six hundred men and Samuel and Ahiah, the priest, was entrenched on one of the many hills of the extreme northern part of Gibeah. Migron—The name means precipice. six hundred men—His army that he had had was reduced to this small company. 3. Ahiah—A great grandson of Eli. He was the high priest. wearing an ephod—The ephod "consisted of two parts, of which one covered the back, an dthe other the front, that is, the greast and upper part of the body." It was worn by the high priest of Israel.

II. Two brave men divinely directed (vs. 4-12). 4. between the passages—From the description of the place it is evident there was a valley leading down to the main valley from where Saul was encamped, and one leading up on the other side to where the Philistines were. Between these, in the valley, were the steep rocks or hills mentioned, called Bozez shining, and Seneh, thorn. 5. over against Michmash—One crag was to the north in front of Gibeah. Michmash and Gibeah were on opposite sides of a valley that extended nearly east and west about seven miles north of Jerusalem. The facts stated in verses 2-5 are thrown in as parenthetical to give details as to the conditions under which the assault about to be described was made. 6. these uncircumcised—Circumcision was a rite by which the Israelites were set apart as God's peuliar people. The Philistines were designated as uncircumcised, since they were not the Lord's people.By this term the Israelites expressed their abhorrence of the Philistines. It may be that the Lord will work for us—This expression did not imply a doubt; it signified simply that the object he aimed at was not in his own strength nor his own merit—J. F. & B. to save by many or by few—The expression just before this indicates that Jonathan believed in God's ability to give success and that his power might be exercised on this occasion. He expressed his faith clearly. He had a conviction that God would give the victory that moved him to go forward trusting in him. 7. I am with thee—Jonathan's armor-bearer had confidence in his master and also in God. He did not hesitate to go with him, nor would he turn him from his purpose.

8. we will discover ourselves unto them—They would go to the garrison of the Philistines and would make themselves known to them. 9. if they say thus unto us—Jonathan had no doubt prayed beforehand for guidance, and now he proposed a test by which it would be clearly indicated what course he should pursue in the matter. 10. the Lord hath delivered them into our hand—This statement shows how implicitly Jonathan depended upon the Lord's direction and aid. a sign unto us—Our action will depend upon the words received from the Philistines. They will be the unconscious bearers of a message from God. 11. the Hebrews come forth—The Philistines understood the weakness of Israel at that time, and believed they were hiding in the numerous caverns of the locality. They could not have known for what purpose Jonathan and his armor-bearer had come forth. 12. answerd—The two had not addressed the Philistines, but their presence called for words from them. come up to us—With this invitation came the knowledge of what Jonathan and his armor-bearer should do and what the Lord would do for them. we will shew you a thing—These words may have been spoken in contempt or derision.

III. Victory for Israel (vs. 13.23.) 13. climbed up—Immediately to the east of the village of Michmash exists a natural fortress, still called the fort of the peasantry. It is a ridge, rising in the three rounded knolls above a perpendicular crag, ending in a narrow tongue to the east with cliffs below.—Conder. An advance guard of the Philistines may have held this position, and this crag may have been the one Jonathan and his armor-bearer ascended they fell before Jonathan—Twenty men fell before Jonathan and his armor-bearer in a space equal to one side of a square containing an acre. 14, 15. Great fear fell upon the Philistines because of this successful attack and the terror was increased by the quaking of the earth. 16-23. Saul was within sight of the camp of the Philistines and saw what was being done there. He caused his camp to be searched to determine who of his men were missing. His little army joined in the battle, and those who were hiding in Ephraim came out also to help their brethren.

IV. Saul's unwise demand (vs. 25-26). Saul was much moved by the victory which was being gained over the Philistines, and rashly decreed that no man should taste food that day. He did not consider that his men would be better fitted to pursue the enemy if they should be strengthened by taking food. There was woodland then in that country and many wild bees. Honey was produced in large quantities. Jonathan was ignorant of his father's decree and ate some honey. It was learned later what Jonathan had done and Saul was determined to have him slain in accordance with his decree, but the people interfered and saved Jonathan.

Questions.—What was the condition of the Israelites in their relation to the Philistines at this time? Where were the two armies? What did Jonathan propose to his armor-bearer that they should do? What test did Jonathan make to learn what he should do? Describe the victory gained by Israel over the Philistines. What mistake did Saul make?

PRACTICAL SURVEY.

Topic.— The value of initiative in Christian work.

I. Connecting events.
II. Jonathan's victory.
III. Saul's rashness.

I. Connecting Events. In the selection and coronation of Saul, God was giving the people their desire, and the succeeding history was the working out of the experiment. A standing army was a new thing in Israel, and a humiliation for the nation whose glory it had been, that their king needed no arm of flesh to protect himself or to defend them. In his provision Saul was only following the custom of human monarchs and the dictates of human wisdom. Obedience had been their safety and their God their defence. God's first demand was an unconditional obedience, equally binding on sovereign and subject. Of this Saul's individual experience should have made him deeply sensible but somehow at the very beginning he gets wrong. He had been commanded to remain at Gilgal until Samuel's arrival to offer the sacrifices preceding action against the Philistines. Though the test of decimating followers was severe, his own confession acknowledged distrust to disobedience, and very sure to be taken. "Wait patiently for him." The punishment may appear extreme, but the gravity of the situation can not be overestimated. It was an open defiance of the authority of Jehovah, aggravated rather than excused, by the high position of the offender.

II. Jonathan's Victory. Jonathan now appears for the first time in the history. He appears to be a man of physical courage and humble piety. "Let us go over to the Philistines." "It may be that the Lord will work for us." So far as can be gathered from the record, Saul had remained inactive after the interview with Samuel. An unhoped-for deliverance was effected by God's blessing upon Jonathan's courageous, if somewhat irregular, attack upon the garrison of the Philistines. Encouraged by the favorable omen which they had established as governing their action, they were assured "that the Lord had delivered the enemy into the band of Israel" (v. 10). The victory, viewed with amazement by the watchman of Saul's camp, was a rallying signal for the disheartened hosts of Israel to join in the pursuit. It was the first war of Saul's camp, was a rallying signal for the disheartened hosts of Israel to join in the pursuit. It was the first war of Saul's completed kingship and was prosecuted successfully "against all his enemies on every side." The spiritual application of the history suggests that every Christian should be a soldier acting under direct or secondary divine direction; and that is the imperative duty of the great army to be constantly aggressive against the whole camp of evil.

III. Saul's rashness. Saul's whole conduct in connection with the lesson shows a man acting from impulse and passion rather than principle. Such a course must end in mischief proportioned to the responsibility and influence of the individual. Had the opportunity been rightly used, the power of the Philistines might have been entirely subdued. The victory which was the fruit of Jonathan's faith and courage could not be followed up because of Saul's rashly enforced vow. The opportunity, lost, was not regained during his lifetime. There was "war against the Philistines" all his days. W. H. C.

THIS WOMAN'S MISERY

Ended by Lydia E. Pinkham's Vegetable Compound. Remarkable Recovery of Mrs. Church.

Smiths Falls, Ont.—"I suffered with falling of my organs, pains around my heart and in bowels and down my legs, neuralgia in my face and head, and that terrible sinking feeling. I felt that I could not live and would fix my house in order every night so there would be no trouble if I dropped off in the night. My husband went to the druggist to get the best remedy he had and he gave him Lydia E. Pinkham's Vegetable Compound. I took six bottles and felt a lot better. I will always recommend the Vegetable Compound, and you can use these facts as a testimonial."—Mrs. J. O. CHURCH, Box 845, Smiths Falls, Ont.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from nervous prostration, displacements, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion and dizziness. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

If there are any complications about which you need advice write in confidence to Lydia E. Pinkham Medicine Co., Lynn, Mass.

Miller's Worm Powders are par excellence the medicine for children who are found suffering from the ravages of worms. They immediately alter the stomachic conditions under which the worms subsist and drive them from the system, and, at the same time, they are tonical in their effect upon the digestive organs, restoring them to healthful operation and ensuring immunity from further disorders from such a case.

Hoax—I should think you'd find book. Joax—Oh, it has a good many that mighty stupid, reading a cook stirring passages.

SPEED KINGS OF SEA AND AIR AT MIAMI, FLORIDA.

A remarkable photo of a motor boat a irplane race taking place over the same course at Miami, Fla. The boat is the Gar Jun., owned by Gar Wood, of New York, shown winning the twenty-mile race for express cruisers and setting a new world record for its type. The seaplane is the Aero Limited, No. 4, winning its race for E. B. Thomas, triplane. Both plane and motor boat are equipped with 400 h. p. Liberty motors.

Care of Small Plots of Cereals

(Experimental Farm's Note).

A great deal has been said about the purity of seed and the use of good seed. How may this be produced and kept pure? The Experimental Farms distribute small samples of good seed but the grain grower is the man who must maintain its purity. The samples that the Experimental Farms distribute are sufficient to seed 1-20 of an acre. It is the care of this plot and the subsequent plots that I wish to emphasize.

The seed should be sown in a plot about 33 feet by 66 feet in dimension on the most productive piece of land (suitable for grain) on the farm. The seed bed should be as nearly perfect as the most approved methods of cultivation in the district will permit. Seeding of this plot should be done as early in the spring as it possible within reason. The seed drill must be thoroughly clean and free from grains of other varieties. In seeding it is as well to leave a small patch about 12 to 14 inches between each strip of the drill. This may be done by allowing the wheel of the seeder to return in the track made by the wheel on the land already seeded.

During the growing period all noxious weeds that will be detrimental to the crop should be removed. The path referred to above is useful in that it allows ready access to the plot with a minimum amount of damage. Weeding should be done from time to time all through the season. When the plot heads out "rogueing" should start. Rogueing is the process of eradicating the grain plants that are off type or those of other varieties; anything, in fact, that is foreign to the plot should be removed. The plot should be carefully rogued three or four times before harvest and more especially should the plot be carefully rogued the day that it is to be cut, as at this time differences that have not shown before may be more readily noticed.

Further operations should all be done by hand, where possible, unless great care is taken to see that all machinery is faultlessly clean. The binder may be used for cutting if all adhering straw and heads have been removed, but preferably cut by hand. The stooks should be covered to prevent the ravages of birds and also to keep the grain from getting weathered. It is absolutely essential that threshing be done by hand. The easiest method is to use a flail; be sure that your barn floor is perfectly clean. If the stooks are carried to the barn in large sheets of tarpaulins purity can be more readily maintained and the threshing made more easy. When dealing with large plots, or in exceptional cases, the threshing machine may be used, but only when one is perfectly certain that stray grains have been removed, and then it is advisable to thresh only when the grain from the plot is of a different class of grain from that which has been threshed in the mill previously; follow wheat by oats or barley, oats by wheat or barley; never thresh wheat after wheat, or oats after oats.

When cleaning the seed be absolutely sure that all foreign grains are removed from the fanning mill. Take out all the sieves and clean out thoroughly all the cracks and crevices that are likely to retain grain of other samples. Be certain the machinery and grain containers are perfectly clean. The grain should be stored in clean bags in a place free from the ravages of mice, etc.

All grain growers are advised to maintain a seed plot. The method outlined above may be used on a larger scale for a regular seed plot. This plot should be large enough so that a considerable quantity of grain, of known purity, may be produced for subsequent crops. The secrets of success in the care of the plot are thoroughness and care. Good pure seed is essential to good farming.—P. Russell Cowan, Cerealist.

No Asthma Remedy Like It. Dr. J. D. Kellogg's Asthma Remedy is distinctly different from other so-called remedies. Were this not so it would not have continued its great work of relief until known from ocean to ocean for its wonderful value. Kellogg's, the foremost and best of all asthma remedies, stands upon a reputation founded in the hearts of thousands who have known its benefit.

How Forest Fires Start.

The rise in the price of lumber has awakened all Canadians to the fact that the forests comprise one of Canada's greatest resources. The land on which our forests stand is in majority of cases not fit for farming, consequently, the time when no forests are growing thereon represents a dead loss. Forests cut down grow again with comparative rapidity, but areas burned over by fire are slow to reproduce, and when trees come on again they are likely to be of inferior kinds. Thus there is every inducement to save our forests for the axe and to save them from fire. Yet in Canada eight or ten times as much timber has been burned as has been cut. Our governments and lumber companies are now fighting forest fires, but they still take a terrible toll. Fires start from many causes, but camp-fires left alight by tourists and hunters, and cigarette stubs and burning matches thrown carelessly into the underbrush are among the most prolific. It is to the advantage of every citizen, young and old, to aid in keeping down the forest fire evil.

MEASURING ENERGY.

English scientist, A. D. Waller, claims to have discovered a means of measuring energy, and the picture shows him breathing into a bag after climbing a flight of steps. The amount of carbon dioxide breathed before and after the climb determines the amount of energy expended in the performance of the task. The woman is "holding the clock" on the experiment.

The Poor Man's Friend.—Put up in small bottles that are easily portable and sold for a very small sum, Dr. Thomas' Eclectric Oil possesses more power in concentrated form than one hundred times the quality of many unguents. Its cheapness and the varied uses to which it can be put make it the poor man's friend. No dealer's stock is complete without it.

Received in Silence.

If Cinquevalli, by his feats of jugglery, could make men weep, as E. V. Lucas records, he could also make them pray. And there by hangs a tale as strange as any told of the stage.

Cinquevalli had ended his career as an acrobat in Russia by a terrible fall, and after a life and death struggle he recovered and decided to make a new name as a juggler.

His entry on the stage had hitherto been always marked by a roar of applause but on the night of his debut as a juggler he was received in dead silence.—London Chronicle.

Peevish, pale, restless, and sickly children owe their condition to worms. Mother Graves' Worm Exterminator will relieve them and restore health.

"You advertised for a collector," said the applicant. "I think I'll do." "You do, eh?" replied the merchant. "What is your name?" Bill Dunn," replied the applicant. "Good," said the merchant, tersely. "Report tomorrow morning.

ANAEMIA ROBBS VICTIMS BY STEALTH

Conditions of Thin Blood That Could be Corrected Easily Are Stealing the Health and Energy of Many Men and Women, and Boys and Girls.

Anaemia, which literally means bloodlessness, is one of the most prevalent troubles of the present day. If neglected it is apt to develop into pernicious anaemia, one of the most hopeless diseases. While anaemia attacks men and boys, it is more prevalent among young girls and women, and for this reason every woman, particularly every mother, should know how to recognize the signs of this trouble which makes its approach so gradually and so stealthily that it is often far advanced before the nature of the trouble is noticed. One general symptom of anaemia is pallor. The cheeks gradually lose their color, and the lips become pale or white. With this loss of color there come a tendency to fatigue, a palpitation of the heart, and breathlessness after slight exertion, with occasional headaches. In the more severe cases fainting spells frequently occur.

In ordinary anaemic conditions, including the anaemia that affects young girls in their 'teens, Dr. Williams Pink Pills are all the medicine required. Fresh air, sunlight and nourishing food will do the rest. Any woman or girl taking Dr. Williams Pink Pills can tell by the growing redness of her lips that the pills are making her blood rich and red.

Miss Mabel Feener, Liverpool, N.S., says:—Before I began the use of Dr. Williams Pink Pills I felt like a complete wreck of my former self. My blood was thin and watery; I suffered from faint and dizzy spells, and had headaches almost every day. I was taking doctor's medicine, but it was not helping me, and at this time I was learning my trade as a tailoress, and was forced through my illness to give up work. After reading an advertisement of Dr. Williams Pink Pills one day I decided to give them a trial. After taking two boxes I felt that I was being benefited, and continued their use until I was fully restored to health. The pills certainly did wonders for me, and I cannot recommend them too highly.

The purpose of Dr. Williams Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip and fevers. The pills are guaranteed to be free from opiates or any harmful drug, and cannot injure the most delicate system. You can get Dr. Williams Pink 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.

Stay in Bed to Grow.

How many people are aware that we are shorter when standing than when lying, and taller in the morning than in the evening? asks Tit-Bits.

An Englishman was the first to discover this, but afterwards Dr. Marand, of the Royal Academy of France, made several experiments to prove the theory. He found after a year's trial that usually in the night he gained almost three-eighths of an inch, and lost almost as much during the day. The cause of this is to be found in the different state or condition of the cartilages which go to make up the spine.

The joints of this part of our bodies are separated and yet joined by particular bony substances, every one of which has a springy resilience. These are capable of yielding on all sides without bending the backbone or spine itself. Of course, the difference is scarcely perceptible in one joint alone, but the combined effect is appreciable. Naturally when the spine is supporting the weight of the head it is liable to be contracted, and we are taller after lying down for some time than after we have been walking about all day with our bodies in an upright position with the spine supporting the weight of the head.

At night, when we lie down in a more or less horizontal position, these top parts do not weigh so heavily, and the springy muscles being expanded, our sizes consequently become longer.

Another proof of this is to be found in the increase of height sometimes experienced by invalids who have spent a long time in bed, and also in the fact that the most recent a young child has the taller he will grow.

The Beauty of a Clear Skin.—The condition of the liver regulates the condition of the blood. A disordered liver causes impurities in the blood and these show themselves in blemishes on the skin. Parmelee's Vegetable Pills in acting upon the liver acts upon the blood and a clear, healthy skin will follow intelligent use of this standard medicine. Ladies, who will fully appreciate this prime quality of these pills, can use them with the certainty that the effect will be most gratifying.

Plain Cake.

One-half cupful of butter, one cupful of sugar, one and one-half cupfuls of flour, two eggs.

Cream the butter and sugar, add egg yolks well beaten, half a cupful of milk or water, flour sifted with a quarter teaspoonful of baking powder, then fold in the beaten whites of the eggs and flavor.

This can be variously treated by adding chocolate, spices, baking in layers with an oragne cream filling, adding strong coffee instead of the water or milk and chopped nuts for a delicious nut loaf, or raisins and nutmeg to be eaten without frosting.

Corns and warts disappear when treated with Holloway's Corn Cure without leaving a scar.

MARKET REPORTS

TORONTO MARKETS

FARMERS MARKET.

Dairy Produce—		
Butter, choice dairy	$ 0 62	$ 0 62
Do., creamery	0 70	0 75
Margarine, lb.	0 37	0 40
Eggs, new laid, doz.	0 55	0 60
Cheese, lb.	0 35	0 40
Dressed Poultry—		
Fowl, lb.	0 40	0 45
Chickens, roasting	0 45	0 50
Turkeys, lb.	0 55	0 60
Live Poultry—		
Chickens, lb.	0 35	0 40
Roosters, lb.	0 30	0 35
Fowl, lb.	0 35	0 45
Fruits—		
Apples, bkt.	1 00	1 50
Do., bbl.	6 00	12 00
Rhubarb, bunch	0 25	—
Strawberries, box	0 45	0 50
Vegetables—		
Beets, bag	2 25	2 50
Carrots, bag	2 50	2 75
Do., new, bunch	0 12	0 15
Cabbage, each	0 15	0 40
Cucumbers	0 10	0 25
Celery head	0 10	0 20
Horseradish, bunch	0 15	—
Leeks, bunch	0 10	0 30
Lettuce, leaf, 6 for	0 25	—
Lettuce, head, each	0 20	0 30
Onions, Bermudas, measure	0 45	0 45
Do., green, bch.	0 06	0 10
Potatoes, bag	6 50	6 75
Do., peck	1 25	—
Parsley, bunch	0 10	—
Parsnips, bag	2 50	3 00
Turnips, bag	2 00	—

MEATS—WHOLESALE

To the trade wholesalers are making the following quotations:

Beef, forequarters, cwt.	16 00	18 00
Do., do., medium	14 00	16 00
Do., hindquarters	26 50	28 50
Do., do., medium	19 50	24 50
Carcasses, choice, cwt.	21 50	23 50
Do., medium	17 50	20 50
Do., common	13 50	16 50
Veal, common, cwt.	14 00	16 00
Do., medium	16 00	18 00
Do., prime	21 00	23 00
Heavy hogs, cwt.	20 00	21 00
Shop hogs, cwt.	25 50	27 50
Abattoir hogs, cwt.	25 50	27 50
Mutton, cwt.	15 00	20 00
Lamb, Spring, each	11 00	18 00

SUGAR MARKET.

The wholesale quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows:

Atlantic Granulated, 100-lb. bags	$19.21
Do., No. 1 yellow, 100-lb. bags	18.81
Do., No. 2 yellow, 100-lb. bags	18.71
Do., No. 3 yellow, 100-lb. bags	18.61
Redpath Granulated, 100-lb. bags	18.71
Do., No. 1 yellow, 100-lb. bags	18.31
Do., No. 2 yellow, 100-lb. bags	18.21
Do., No. 3 yellow, 100-lb. bags	18.01
Do., No. 4 yellow, 100-lb. bags	17.91
St. Lawrence Granul. 100-lb. bags	18.24
Do., No. 1 yellow, 100-lb. bags	18.71
Do., No. 2 yellow, 100-lb. bags	18.71
Do., No. 3 yellow, 100-lb. bags	18.61
Acadia Granulated, 100-lb. bags	19.21
Do., No. 1 yellow, 100-lb. bags	18.81
Do., No. 2 yellow, 100-lb. bags	18.71
Do., No. 3 yellow, 100-lb. bags	18.61

OTHER MARKETS.

WINNIPEG EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:—

	Open.	High.	Low.	Close
Oats—				
May	x1 18	1 18⅛	1 17⅛	1 17½
July	1 08⅞	1 08⅞	1 08	1 08
Oct.	0 86⅞	1 87	0 86⅜	0 86⅜
Barley—				
May	1 69¾	1 69¾	1 67	1 67
July	1 67½	1 67½	1 64	1 64
Flax—				
May	5 04	5 04	4 94	4 94½
July	5 00	5 00	4 90	4 90
Oct.	4 64	....	....	....

xTo $1.18⅛ sold.

MINNEAPOLIS.

Minneapolis—Flour unchanged; shipments, 34,184 barrels. Bran, $53.00. Wheat, cash, No. 1 Northern, $3.10 to $3.15. Corn, No. 3 yellow, $2.00 to $2.02. Oats, No. 3 white, $1.01 to $1.03. Flax, No. 1, $4.47 to $4.52.

CALL IT A CAR.

"Ho, Bill! That'll hold her! Slam her shut! Call it a car

"Hey there, you Checker! Jam your blinkin' seal on that door!

Couple on and yank her out! Us guys is quick workers. We got two more to load to-night! Call it a car!"

* * * * * *

Such is the simple and good-natured formula—or approximately the formula by which something like $18,000,000 may be said to have been added unnecessarily to the past 12 months' cost of operating the Canadian railways.*

It is the jocular touch of an indifferent hand—by which the "safety margin" of car supply ocver car demand in Canada was and still is being cut every day in spite of the railways.

It is the little episode—repeated thousands of times a day at thousands of loading points—which added 200,000 unnecessary car trips to the Canadian transportation programme in the last year—each trip averaging 245 miles under load and 89 miles empty, and occupying 14 car days.

Thus the constant service of 10,000 freight cars was devoted to unnecessary work instead of remaining in reserve to meet emergencies.

Thus 4,000 unnecessary trains were moved.

Thus 8,000 unnecessary engines were employed instead of being free to preserve the elasticity of terminal and passing track capacity, thus reducing the margin between an easy car movement—and possibly congestion with embargoes.

Thus 10,000 times 17 tons of car weight (the weight of the car alone) was added to the constant burden of the railways the whole year through—or 170,000 extra tons.

Thus 6,000,000 tons of coal were taken from the available supply.

Thus all movement was slower

Thus the entire machinery of Canadian business was slowed up! Depressing, subtly but surely, the volume of business in your factories and warehouses! Cutting down the rate of turn-over! Running up the overhead per unit of sale! Thinning your profits!—Railway Association of Canada.

*Figures based on 1918 Government statistics regarding average performance.

She—A woman can do almost anything a man can nowadays. **He**—I've never seen one who could spike a worm on a fish-hook or let a mouse out of a trap.—Portland Express.