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Send for Book of Recipes, FREE!

In 2, 5, and 10-lb. tins

Hungry, romping children eat all the doughnuts they want—in homes where Mother uses Crown Brand Syrup when making them. It is a healthful, wholesome, highly nutritious food, recommended by highest authorities on diet. Fine as a spread, as a table syrup, for all baked dishes, icings and candies.

THE CANADA STARCH CO., LIMITED, MONTREAL

Crown Brand Syrup

The Great Sweetener

The Sunday School Lesson

Lesson 11, April 10.

BIBLE TEACHINGS ABOUT HEALTH

Lesson—1 Cor. 6: 19, 20; 9: 24-27; Gal. 6: 7, 8.

Golden Text—"Every man that striveth in the games exerciseth self-control in all things" (1 Cor. 9: 25).

The Lesson Text.

1 Cor. 6: 19 Or know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? and ye are not your own; 20 for ye were bought with a price: glorify God therefore in your body.

9: 24 Know ye not that they that run in a race run all, but one receiveth a prize? Even so run; that ye may attain.

25 And every man that striveth in the games exerciseth self-control in all things. Now they do it to receive a corruptible crown; but we an incorruptible.

26 I therefore so run, as not uncertainly; so fight I, as not beating the air;

27 but I buffet my body, and bring it into bondage; lest by any means, after that I have preached to others, I myself should be rejected.

Gal. 6: 7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. 8 For he that soweth unto his own flesh shall of the flesh reap corruption; but he that soweth unto the Spirit shall of the Spirit reap eternal life.

Comments

1 Cor. 6: 19. The general tone of the New Testament teaching is that in or among His people. The teaching is equally plain that the human body should be kept so clean as to be a fit habitation for the Spirit of the living God. See 2 Cor. 6: 16; Eph. 2: 21, 22; 1 Tim. 3: 15; Heb. 3: 2; 1 Pet. 2: 5. The purpose of this high ideal is to restrain us from sin.

Verse 20. There is no way to glorify God in one's body except to so use the body as to make it a servant of godliness, righteousness, purity and truth. Paul elsewhere (Col. 1: 18) states that the church is the body of Christ. All in all that is such spiritual intimacy between Christ and His followers that in both body and mind we should so live and think as to be worthy of Him, and not be inconsistent with His righteousness.

9: 24. The games celebrated near Corinth would make Paul's figure familiar to those he addressed. Running, leaping, wrestling and boxing were practiced in these games for the purpose of building strong bodies. In the Christian race we do not struggle against one another, but against sin, and the aim is to keep physically, mentally, morally and spiritually fit in order that the race may be won.

Verse 26. Every one who entered the Corinthian games was compelled to submit to a long course of rapid and severe discipline. Trainers in athletics today require the same practice. Temperance is simple the practice of the highest type of self-control. No man has a right to so abuse his physical powers as to im-

pair his value to society or his standing with God.

Verse 26. The runners and wrestlers in the Greek games were uncertain as to victory. The sincere Christian has no such uncertainty. Uncertainty of victory comes only with unpreparedness in the running.

Verse 27. Self-discipline consists of the body to the mind. (2) The entire subjugation of the mind to the spirit of Christ.

Gal. 6: 7. Paul carries forward the same idea. Whatever may be the nature of our habits or practices, such will be the nature of the results and rewards.

Verse 8. Living a life that sensualizes and demoralizes the body brings consequences of weakness and destruction to both body and soul. It is bodily appetites that undo us. It is yielding to the physical that makes us coarser and coarser until we lose power of response to the spiritual. The real battle of life is between our better intelligence and our debasing impulses.

Illustrated Truth.

No one can honor God who shows little regard for the body that was given him with which to serve God and the world (1 Cor. 6: 19).

Illustration—A young woman who held several important positions in the church was given the sort of social life that meant late hours, over-eating and unwholesome excitement. Still, as she often boasted, she managed to drag herself to teach her class on Sunday, though she was "half dead." She would have scorned the idea of offering one of her friends as a gift something she had already nearly worn out, yet she was making such an offering to the Lord and was priding herself on the fact.

Topics for Research and Discussion.

1. A Clean Body (1 Cor. 6: 19, 20). 1. What is the New Testament teaching as to keeping one's body clean and fit? 2. How may we glorify God in our bodies? 3. How is it possible for a man of strong physical tendencies to swing over to spiritual living? 4. In the light of this Scripture, what becomes of the basis for the plea for "personal liberty" in those things that destroy both body and soul? 5. What right has any one to abuse a trust placed in their care? 6. If it is wrong to misuse a trust, is it not wrong to misuse our bodies, which belong to us only as a trust? 7. How does training for athletics correspond to training for Christian living? 8. What is temperance? 9. How does the Christian differ from the athlete as to victory? 10. How would you define self-discipline? 11. A Spiritually Consecrated Body (Gal. 6: 7, 8). 11. Is it possible to get into the habit of doing good as well as evil? 12. What is the effect of a life of sin? 13. What is the effect of a life of righteousness? 14. Then, why do men sin? 15. Why do men try to deceive themselves about sin.

Really Reliable Asthma Remedy. All sufferers from chronic Asthma should try Dr. J. D. Kellogg's Asthma Remedy, no matter how many others have failed to give relief. It is a common thing for Dr. J. D. Kellogg's to succeed where others fail, as is testified by many thousands who have found this out for themselves. Why continue to endure days and nights of unspeakable agony when a remedy of such high standing has not yet been tried?

Last year the Government of New Brunswick received \$558,168 from the public lands of the Province and from mines.

Minard's Liniment For Burns, Etc.

For five cents the Chicago School Board furnishes a lunch consisting of soup, bread, milk or cocoa and fruit or pudding. There are between 40,000 and 50,000 customers a day.

ADVICE TO GIRLS

BY MISS ROSALIND

Registered According to the Copyright Act.

Miss Rosalind welcomes letters from young women asking for advice on any subject. All you have to do is to address your letter to MISS ROSALIND, 34 King William St., Hamilton, Ont.

Dear Farmerette—The easiest rule to follow is "be natural." If you like a boy and really enjoy his company, tell him so. It is not necessary to gush over him; but be sincere in your friendships. Tell him you will be glad to have him call again.

Dear Black Eyes—The length of your skirt depends on your height; it must be a becoming length or it spoils your whole appearance. If a bachelor gives a dance at his house, he must have a woman relative to receive his guests or if he has no relative, some of the mothers of the girls he has invited, should also be asked to the party.

Dear Beauty—A girl can be as friendly with her cousins as any other of her boy friends.

Sometimes girls and boys are invited to houseparties that last several days, at Christmas or on holidays or over Dominion or Thanksgiving days. Such gatherings are quite alright.

One boy and one girl are not usually asked to stay any length of time. The form "Dear" in a letter is merely a salutation and has no personal meaning whatever. It is always used. A girl should use the form and say merely "Dear Will."

Of course you should greet your acquaintances on the street. Just how and say, How do you do!

A girl friend may do anything in reason to enlarge another girl's circle of friends. But remember the young people in this column are trying to encourage helpful friendships and to get away from the old "going with" idea.

Dear Ambitious—I am sure it is splendid to be able to write songs. There are firms who publish music and words; but just at this minute the only person I know who would set your words to music is Mr. Jules Brazil, 41 Gormley Avenue, Toronto. This is just a guess on my part, but you could write to him.

Dear Dimple Gray—Your idea of boy friends is not what the girls of this column are trying to cultivate. We want boy friends, lots of them, to help, to inspire and to chum with. If you are not engaged wear your ring on your right hand. Sensible people are not disturbed by such trifles. Nice girls do not sit on boys' knees. It is extremely silly to say the least.

Dear Beatrice—A girl your age does not "go with" anybody—neither has she "gentleman friends." Those are backwoods expressions anyway. Go to the rink with any of your boy chums and skate with them all and have as good a time as you can. Skate as long with each boy as you both enjoy it. Go home with the boy who took you to the rink and several other jolly couples. If it is not too late, it is alright to ask your chum to come home with you for a cup of coffee. The smoking in the house depends on what your mother thinks about it.

Your girl visitor should accompany you every place you go while she is staying at your home.

It would not be proper for a boy friend to go with you to a house to which he had not been invited.

If you are interesting enough why shouldn't your older sister let you help entertain her friends?

Dear John Mac—Keep on calling as long as the girl shows that she enjoys having you there. The more the merrier always. I enjoyed your letter and will welcome another.

Dear Bubbs and Snooks—I liked your letter and do hope you remember all your questions so that my answers will not be too puzzling. A girl cannot be too strong in her expressions of dislike about hearing questionable jokes. Simply refuse to listen, and show your disgust that any person should expect you to hear such things. Stand at the door only a minute, just long enough to express your enjoyment of the evening and to say goodnight.

One boy should not be annoyed because you like another boy dancing better. But do not dance too often in one evening with any one partner. If you enjoy skating with your partner, tell him so and thank him for the good time. Stay out so long as you both enjoy it and are not spoiling other people's pleasure.

A group of young folks must have a chaperone if they stay more than one day any place.

Dear Lexie—You say you have been going with this young man "steadily" for over a year; and now you ask me if you should have a steady boy or not. I would say that at your age and loving good times as you do that you should have a dozen boy friends and go out with them all the absent ones. This will keep you so busy that you won't have time to think about being engaged and married for five years anyway.

Dear Anxious—I confess I am puzzled that the young man should seem to change just as soon as you are really engaged. Perhaps you just imagine it. If not, I think you had better find out for sure. Better have a good friend than an uncertain lover.

Dear Dot—If the girls in your district cannot be friends with you because you work at housework in another person's house, I don't really think they are worth having for friends. Housework is just as honorable as selling things in a store or working in a factory and far more necessary. Moreover it requires more intelligence. The really brainy, worth while woman today is the one who can keep house efficiently.

Don't bother about that brainless mix who gets mad if you have a boy friend. Go on as you have been doing and the right kind of friends will find the light. Make friends of books and if there is any way in which I can help you along lines of self-improvement, write to me. I will answer your letter personally; send me a stamped, self-addressed envelope.

Dear Buddy—Don't do anything. If you make a fuss, the boy will think you are chasing after him. Wait awhile and he is pretty sure to come back. You are much too young for boy friends individually. Keep in the crowd.

Dear Peggy—What I have said to Buddy applies in your case too. It is quite alright to have boy chums. They are very handy to have around to bring one home from parties and they are such good fun!

Dear One of Many—I would send you a list of correspondents, dear girl, but I am no wizard. I simply cannot guess your real name and address.

I'll quote one of your sentences and chances are a bunch of people will want to write to you: "I should like to correspond with some member of your column. Some one whose whole interest in life is not 'fellows.'" Such a one as Irene or Henrietta or any one who writes nice letters."

There you are!

Now to come back to the more personal part of your letter. The preparations you speak of are more to encourage the growth of hair than to make it curly. They cleanse the scalp and prevent dandruff. If you were in the city you could have your hair permanently waved. It is expensive, but about the only thing that will do the trick. The only alternative is to select your most becoming style of hairdressing and do your hair up in curls every night. Have you tried that style where the hair is sleeked straight back off the forehead? If you can wear that, you don't need marcel waves, just some back-combing to make ear-puffs.

Dear Hyacinth—Girls your age can have heaps of boy friends, but no "steady."

Boy chums do not talk about loving you. They are just jolly good pals who have to make sure of a good business future first. A girl is old enough to marry at 24 or 26.

ROSALIND.

GAS IN THE STOMACH IS DANGEROUS

Recommend Daily Use of Magnesia To Overcome Trouble Caused by Fermenting Food and Acid Indigestion.

Gas and wind in the stomach accompanied by that full, bloated feeling after eating are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so-called "acid indigestion."

Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach, often leading to gastritis accompanied by serious stomach ulcers. Food ferments and sours, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such a serious condition or to treat with ordinary digestive aids which have no neutralizing effect on the stomach acids. Instead get from any druggist a few ounces of Bismarck Magnesia and take a teaspoonful in a quarter glass of water right after eating. This will drive the gas, wind and bloated right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation and there is no sourness or pain. Bismarck Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and the best form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

Miller's Worm Powders are 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 tonic in their effect upon the digestive organs, restoring them to healthful operation and ensuring immunity from further disorders from such a cause.

"Rheumatism Routers" relieve rheumatics.

IF GERMANY PAYS PROBLEM IS SOLVED.

FRANCE SAID TO BE BEARING COLOSSAL BURDENS LEFT BY WAR.

If Germany pays, France will emerge from her war financial difficulties, notwithstanding the colossal burdens left by the war; if she does not pay the problem is insoluble. This statement was made in the French Senate by Harry Cheron in presenting the Senate Finance Committee report on the 1921 budget. The French debt, which in August, 1914, stood at 27 million francs, he explained, amounted on March 1 of this year to 307 billion francs, to which must be added in the future pensions and war damages estimated at another 218 billion francs.

France, thus far, said Mr. Cheron, had put out 38 billion francs on Germany's account, consequently there would be 180 billion francs more with interest to be added to her obligations if Germany did not pay.



Cuticura Soap Shampoos Best For Children

If you wish them to have thick, healthy hair through life shampoo regularly with Cuticura Soap and hot water. Before shampooing touch spots of dandruff and itching, if any, with Cuticura Ointment. A clean, healthy scalp usually means good hair.

Sale 25c. Ointment 25c. Sold throughout the Dominion. Canadian Depot: Limited, 241 St. Paul St., Montreal. Cuticura Soap shampoos without soap.

Uncle John's Josh

JENKINS WON'T LET HIS WIFE DRIVE THE CAR FOR FEAR SHE WILL SMASH THE CAR.



LIVE STOCK REPORTS

Toronto (Union Stock Yards)—Total sales up to and including Wednesday were 5,654 cattle, 1,383 calves, 5,316 hogs and 940 sheep. In addition 4 cattle, 314 hogs and 64 sheep were on through betting. Cattle receipts were about in keeping with demand. Prices on good grades remained steady with the close of the previous week, whilst slightly lower prices were paid on common grades of butcher stock on Wednesday. The packers made claims that there is no money in handling the heavy fat cattle although offerings of that grade sold steady at good prices, three head moving at \$12, with the majority from \$10.50 to \$11. There has been no demand for export this week. Baby beef was in strong demand and the offerings fairly numerous; sales were mostly from \$11 to \$12 with an odd one as high as \$13.25. Choice butchers moved from \$9 to \$10, good grades from \$8 to \$9 fair from \$7 to \$8 and common from \$6.25 up. Heavy fat cows sold well some as high as \$11, and the majority of the cows from \$7.50 to \$8.50. Canners sold as low as \$2. Choice bulls were steady from \$7 to \$8, good ones from \$6 to \$7, and common from \$4.50 up. Farmers who failed to procure stockers two or three weeks ago when prices were low, evidently missed a great opportunity. Good stockers could be bought then around \$7 whilst the same grades sold now at \$1 to \$1.50 higher. Receipts of calves were fairly heavy and the quality none too good. Choice veal was in demand and sold generally from \$16 to \$17.50. On Wednesday several loads of common grades were received and prices on these dropped about \$2 a hundred. More choice veal calves could be absorbed at steady prices.

One small load of choice lambs sold at \$16, another lot or two at \$16, and the majority from \$12.50 to \$14.50. The general quality was medium. A few spring lambs arrived and sold from \$14 to \$20 per head, according to weight. Prices for choice sheep remained firm from \$9 to \$10, per hundred. No breeding ewes were sent to the country.

On Monday and Tuesday hogs sold steady at \$15.50 to \$16.75, mostly at the higher price. On Wednesday packers made determined efforts to reduce values, offering \$14.75 fed and watered and refused to pay any more with the result that trade was almost at a standstill.

EXTREME MISERY DAY AND NIGHT

FOLLOWS A BREAKDOWN OF THE NERVOUS SYSTEM.

Misery day and night is the lot of hosts of men and women who are today the victims of weak nerves. Thin, pale, drawn faces and dejected attitude tell a sad tale, for nervous weakness means being tortured by morbid thoughts and unaccountable fits of depression. These sufferers are painfully sensitive and easily agitated by some chance remark. Sleeplessness robs them of energy and strength; their eyes are sunken and their limbs tremble; appetite is poor and memory often fails. This nervous exhaustion is one of the most serious evils affecting men and women of today. The only way to bring back sound, vigorous health is to feed the starved nerves, which are clamoring for better food. This new blood can be had through the use of Dr. Williams' Pink Pills, which have a direct action on the nervous system. That a fair use of this medicine will bring satisfactory results is shown by the experience of Mrs. Marsh, Bass River, N. S., who says: "Following a run down condition, I became practically a nervous wreck. The doctor who was called in said the trouble was inflammation of the nerves. It grew so bad that practically I had no control of my lower limbs, and had to go about with crutches. Quite aside from my suffering I had a small family and a baby in arms to care for and I became much discouraged, as I did not appear to be growing better. One evening my husband met an aged doctor on the street and told him of my condition. He asked my husband what was attending me and when told said: 'I don't want to interfere, but why not try Dr. Williams' Pink Pills?' My husband got me a supply of these pills and after taking a few boxes I was able to go about with the use of one crutch. Continuing the use of the pills I was able to discard the other crutch as well, and was as active as ever I had been. There are many in this neighborhood who know what my condition was when I began the use of Dr. Williams' Pink Pills and who know what this medicine did for me, and I hope my experience may help some other sufferer."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

IF TORMENTED WITH CORNS USE GOOD OLD "PUTNAM'S"

It's really a simple thing to remove your corns, and without pain, if you apply Putnam's Painless Corn Extractors. It acts like magic. Lifts out the corn, root and branch, leaves the skin smooth as silk. No failure with "Putnam's," 50c everywhere.

The Poor Man's Friend.—Put up in small bottles that are easily portable and sold for a very small sum, Dr. Thomas' Electric Oil possesses power in concentrated form. 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.

Chinese and Perfume.

In China, at dinner and at theatrical performances, it is customary to provide guests or spectators with small hot towels saturated with scented water for wiping their faces. Scented water is also much used in connection with bathing and the every-day washing of faces and hands. In some Latin-American countries there is a very great demand for perfumery. If a person needs a bath, a dash of perfume is supposed to serve as well, and time and trouble are saved.

For years I have never considered my stock of household remedies complete unless a bottle of Minard's Liniment was included. For burns, bruises, sprains, frostbites or chilblains it excels, and I know of no better remedy for a severe cold in the head, or that will give more immediate relief, than to inhale from the bottle through the nasal organ.

And as to my supply of veterinary remedies it is essential, as it has in very many instances proven its value. A recent experience in reclaiming what was supposed to be a lost section of a valuable cows udder again demonstrated its great worth and prompts me to recommend it in the highest terms to all who have a herd of cows, large or small. I think I am safe in saying among all the patent medicines there is none that covers as large a field of usefulness as does Minard's Liniment. A real truism good for man or beast.

CHAS. K. ROBBINS, Chebogue Point, N.S.

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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, post-paid, 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, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me to-day for free trial treatment.

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

MURINE

Whitening, Cleansing, Refreshing or Healing. Murine for Eyes, Nose, Soreness, Granulation, Itching and Burning.

YOUR EYES OF THE DAY or NIGHT.

It is after the Motion Picture, or Collage, or any other excitement, that your eyes are tired and sore. Murine is the remedy. It is a gentle, soothing, and refreshing. It is the only eye medicine that is safe for the eyes. It is the only eye medicine that is safe for the eyes. It is the only eye medicine that is safe for the eyes.