

No! When the price of Red Rose Tea was reduced its quality was not changed one particle.

The price of Red Rose Tea is a little more than other teas but the extra quality makes it more economical and more desirable to drink.

The Sunday School Lesson

Lesson XI. March 13. THE LORD'S SUPPER. Lesson—Matt. 26: 14-30. Printed Text Matt. 26: 20-30.

Golden Text.—As often as ye eat this bread, and drink the cup, ye proclaim the Lord's death till he come (1 Cor. 11: 26).

Historical Setting. Time.—Commonly reckoned, Apr. 6, A. D. 30. Place.—Jerusalem. The Lesson Text.

20 Now when even was come he was sitting at meat with the twelve disciples:

21 and as they were eating, he said, Verily I say unto you, that one of you shall betray me.

22 And they were exceeding sorrowful, and began to say unto him every one, Is it I, Lord?

23 And he answered and said, He that dipped his hand with me in the dish, the same shall betray me.

24 The Son of man goeth, even as it is written of him: but woe unto that man through whom the Son of man is betrayed! good were it for that man if he had not been born.

25 And Judas, who betrayed him, answered and said, Is it I, Rabbi? He saith unto him, Thou hast said.

26 And as they were eating, Jesus took bread, and blessed, and brake it; and he gave to the disciples, and said, Take, eat; this is my body.

27 And he took a cup, and gave thanks, and gave to them, saying, Drink ye all of it;

28 for this is my blood of the covenant, which is poured out for many unto remission of sins.

29 But I say unto you, I shall not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom.

30 And when they had sung a hymn, they went out into the mount of Olives.

Comments. Verse 29. Jesus started from Bethany, Broadus thinks, late in the afternoon, and reached the upper room about sunset, which would be at that season a little after six o'clock.

Verse 21. The paschal supper regularly consisted of the lamb, which represented the offering whose blood

sprinkled upon the doorpost had saved Israel in Egypt. With it were eaten bitter herbs, representing the bitter bondage in Egypt. At the point when the company ordinarily partook of the lamb, Jesus took bread and blessed it and gave to the disciples. Christ Himself was the pass-over. The unleavened bread symbolized the haste with which they parted.

Verse 22. To be warned of so heavy a crime as this was calculated to produce deep sorrow and consternation.

Verse 23. This saying of Jesus narrowed the circle in which the guilty was to be found and pointed out the extreme treachery of one so close to Him.

Verse 24. This statement indicates that the betrayal of Jesus, while a matter of prophecy, did not remove responsibility from the guilty.

Verse 25. The betrayal was predestined, but betrayal by Judas was not predestined. Judas was justly punished because he voluntarily took the evil business upon himself.

Verse 26. The meal had been interrupted by the announcement of treason. Jesus instituted the Lord's Supper at the close of this paschal meal, and not as a part of it (Luke 22: 20; 1 Cor. 11: 25). Jesus probably designated bread, and not a lamb, to be used at the Lord's Supper because the types and shadows were to cease when the real sacrifice must come. The expression, "This is my body," must have been figurative because the living Christ was present.

Verse 27. Nowhere in the accounts of the Lord's Supper is the word "wine" used, but "cup." Paschal wine was mixed with water.

Verse 28. Christ's blood sealed the new covenant between God and all mankind.

Verse 29. Reference is here made to the spiritual feast in the glorified and higher existence (Luke 22: 30). There may also be a comparison between the Christian dispensation and the Jewish, for in the former Christ is spiritually present with all His sincere followers as they gather about His table on the first day of the week. The words must have made a solemn impression upon His disciples, and should impress us in the same manner.

Verse 30. In the shadow of the cross the Man of sorrow lifted His voice in praise.

Illustrated Truth. We need to be reminded of the sacrifice of Christ for us (Golden Text). Illustration.—During the World War a lady often visited in a home

from which the young husband and father had gone into service. She noticed that the latter's chair was always placed at the table, and that the children took turns in putting it in place. "This is Ned's day for placing father's chair," the mother would say. When she was asked why this was done she said: "My husband knew that I did not need to be reminded of him, but the children are so young that he was afraid they might forget, so he asked that we do this of which you speak."

Topics for Research and Discussion. I. The Betrayal Predicted (vs. 20-22). 1. Where and when did Jesus meet His disciples as described in this lesson? 2. What did the articles of food symbolize in this paschal supper? 3. Describe the effect that must have been produced by Jesus' words in verse 21. 4. In whose heart was consternation most acute?

II. The Betrayer Pointed Out (vs. 23-25). 5. Do you suppose that the other disciples knew who could be guilty of such a crime? 6. How do you reconcile things here: was Judas responsible or not? 7. Why was Jesus' punishment just?

III. The Supper Instituted (vs. 26-30). 8. Was the Lord's Supper the same as this paschal meal? 9. What fact proves the expression, "This is my body," to be figurative? 10. What "day" is referred to in verse 29? 11. Why did Jesus designate bread to be used at His supper instead of a lamb?

GOOD HEALTH CAN BE YOURS IF YOUR BLOOD SUPPLY IS KEPT RICH AND RED.

It is waste of time and money to fight merely the signs of disease; in the long run you are probably worse off than when you started. What is far more important is that you should intelligently examine the various symptoms and trace the cause. When you remove the cause, health will be yours. For example, anemic people often endure months of suffering while treating its symptoms, such as indigestion, shortness of breath, palpitation of the heart and exhaustion after any small effort.

The apparent stomach and heart troubles are generally nothing more than the result of an insufficient supply of pure blood. This anemic state may have followed some previous illness, or an attack of influenza; or it may have arisen from overwork, worry or too little fresh air. To obtain good health the simple and proper course is to build up the blood, but to do this you must select a reliable remedy with a reputation such as Dr. Williams' Pink Pills. These pills enrich the blood which carries nourishment to all the organs of the body and enables them to do the work nature expects of them. Thousands of men and women have proved this for themselves. One of these is Mrs. T. Flynn, R.R. No. 1, Ericsville, Ont., who says: "Last Spring I got into a badly run down condition. I had no energy, work left me exhausted, and the least exertion would make my heart palpitate violently. I had often read of Dr. Williams' Pink Pills, and decided to give them a trial and got a half dozen boxes. I had not been taking the pills long when I felt a decided improvement in my condition and by the time I had used the six boxes I could do my household work as usual. I can strongly recommend Dr. Williams' Pink Pills to all weak people."

You can get these pills through any dealer in medicine, or by mail post-paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Co., Brockville, Ont.

PREFERENCE GIVEN TO THE NEWSPAPERS

RETAIL CLOTHIERS EMPHASIZE EFFECTIVENESS OF ADVERTISING.

Delegates to the convention of the Ontario Retail Clothiers' Section of the Retail Merchants' Association of Canada at Toronto were treated to a number of instructive talks on practical methods of advertising and the results obtained when properly placed. Of the many methods suggested the general consensus of opinion was that newspaper advertising was productive of the most effective results. It was pointed out by several speakers that the action of many of the leading journals of Canada in eliminating from their pages, advertising material of a questionable character had been the means of inducing many prospective advertisers to consider more seriously than ever before the real and practical value of newspaper advertising.

Mr. W. Findlay dealt with the topic of "Clean Advertising" and the efforts of newspapers to suppress fraudulent advertising.

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Switzerland shares with Scotland the distinction of being the best educated country in the world.

The largest rifle range in the world is at Valcartier, Quebec. It is three and an eighth miles long.

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 Miss Rosalind: I read with interest your column in your paper. In fact, that is about the first thing I look for when we get the paper, and I think it's just great.

I wonder could you give a boy of eighteen some help on the following questions, as I have no sisters from whom I could get some knowledge on these questions:

(1) I chum around with a girl who is two months my senior. A more sensible girl you would not want to meet and yet she's a jolly sport. Now, I think so much of this girl that I do my best to guard my actions from doing anything that would displease her. We have been very good pals now for two months and should I kiss her when I go home with her, what should I do? That certainly is a most foolish question to ask you, Miss Rosalind, but I don't know how to act. It is proper to take her arm, isn't it?

(2) Could you give me any advice on what to say to a girl whom I don't know intimately? Also to a girl whom I know intimately after we are through discussing the Literary Society, the hockey news, and most of the local happenings?

(3) When a boy takes a girl to a skating rink should he have the first and last skate with her? Should he or she mention about going home?

(4) Do you think that it's a good policy to tell girls what you know quite well, that you admire them, or should they judge from your actions and you'll not say anything.

(5) Should a boy ask a girl if he may come down and see her at a certain date or should the girl ask him to come down?

(6) Should a girl thank a boy for taking her to a concert or should the boy thank her for the honor of her company?

Hope you won't think these too crazy to publish and that you'll help me in my little perplexities.

Dear Rob Roy: Your letter is splendid, just as frank and nice and boyish as one could want. I am sure you are an awfully jolly fellow. I don't consider your question the least bit silly. I am glad you asked them. It shows what a decent sort you are—and besides answering them is my job.

You should not kiss a girl until you are engaged. When you meet the right girl you will be so glad you kept them all for her.

It is alright to take a girl's arm when walking home, but not necessarily.

When you don't know a girl very well, you can only talk on general topics until you find some subject that she is particularly interested in—then she'll do the talking. It is quite as important for you to be a good listener.

The same thing applies to the girl you know best—only in this case you feel more free, and generally can carry on a good natured "fish" conversation without saying much.

Usually when you take a girl to the rink, you skate the first and last hands with her and tell her that you will see her safely home.

I have never seen a girl of my age, who did not like to be told nice things about herself.

A boy asks a girl if he may call on her, and she tells him when he may come.

A girl should always thank a boy for taking her out and the boy should always thank her for so honoring him. It is these little courtesies that maintain that friendly, good-fellowship between my girl and young men readers that I am so anxious to maintain. Come again Rob Roy—often!

Dear Rosalind: As I have a case that I don't know how to handle I thought I would ask your advice:

There is a young man I like very much in our town, he is very much in love with himself as he has been through high school and now is studying for an engineer and is only nineteen years old. We are always falling out and then we both go with some one else but we always make up in the end. I have never known him for four years and we have fell out three times, but we are not keeping company now, but we both want to make up.

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Write: National Perfume Co., Dept. H 56 Toronto, Canada.

up, he is waiting for me and I am waiting for him to make up. Would you please tell me what you would do in my place?

BETTY. Dear Betty: How did you make up other times? Make it up again Betty, dear, and don't quarrel any more. It isn't nice. If the young man loves you, I am sure you will find a way to cure his self-conceit. It isn't very nice either, is it?

Dear Rosalind: I am sixteen years and I will be seventeen in May, and I had been keeping company with a young fellow but have not been keeping company for two or three months, I attended all the home dances at the hall and don't seem to get in with the other girls and boys. I would like to know if the fault is in me or them? I would also like to know how I could get in with them? I would also like to know if I am too young to go with a young fellow when my parents are not against me doing so?

LONELY LASS. Dear Lonely Lass: Personally I think you are rather young to concentrate on one young man. He would much rather you kept with the crowd. But of course your parents know you better than I do and can judge your case much easier. Select one of the girls and try to make friends with her, then another, and I think you will find that the crowd is made up of ones.

Dear Rosalind: I am a girl of 18 years old and my name is Anastasia. His brother went with me last winter and we used to correspond. Some way my letter got lost, so we stopped writing and Anastasia started to go with me about six months before the other brother came home, now Anastasia is away and his brother is coming now to see me, and I would rather live Anastasia. He used to write me. He has not written me a letter yet. Anastasia's age is 22 years. We had no quarrel but he was to come to my home twice and he disappointed me. Should you allow a boy that goes with you to carry pictures of other girls with him, and should you let a boy kiss you or not? I remain yours

BUNNY. Dear Bunny: Sometimes they say absence makes the heart grow fonder, and sometimes they say, out of sight, out of mind. The first must be true in your case. My dear, nobody can decide for you between two men. You must choose one or the other, unless you can keep them both as friends. You have no right to say whose picture a young man should carry unless you are engaged to marry him.

Dear Miss Rosalind: I am a girl of eighteen, have a good job in an office, and like my work. I have two boy friends, one I care for more than the other. But the one I care the most for, cares less for me than I care for him. I don't know what I should do in such a case?

My parents will not allow a boy to come to the house. Should I keep company with them. Keeping it dark to my parents?

And do you believe pearls are such bad luck? Especially if they are your birth stone?

Does it mean a boy thinks a wee bit of you if after leaving him alone for weeks, he comes back?

Dear Miss Rosalind so many things I would like your advice in.

If there is anyone lonesome, I would be glad to write to them.

Dear Patience: At your age it doesn't much matter how much one cares, as long as one cares enough to be friendly and have a good time in each other's company. If your parents will not let you entertain your friends at home, I am afraid you will not be able to have many friends. On no account, meet boys on the street. Talk to your mother about it. Every girl should have her friends call at her home where her mother and father can approve the friendship.

Don't be superstitious! Pearls have no more effect on your good fortune than any other stone.

Send me a stamped, addressed envelope if you really wish to write to some of our readers.

Dear Rosalind: I am a boy of twenty and would like very much to keep company with a girl in the same town, although she is four years older than I am, I have asked her several times to go out with me but she refused, yet she will stop and talk on the street and very often invite me to her boarding-house. She never shows the least sign of dislike toward me.

What way would I go about it to get her idea of me, would you think of going with her, or would you just consider her as a valuable friend.

Dear Barney: You are just as welcome in the corner as any girl. I love to get letters from nice boys. Why don't you call on this girl when she invites you. During your call ask her to go some place with you and if she refuses, ask her right out why. Tell her you would like to have her friendship without the least notion of expecting her to fall in love with you. You would talk things out with a boy friend, wouldn't you? Try the same method with a girl chum. She may tell you that people who know her age and yours will say she shouldn't go around with you. That is absurd. Actual years do not matter very much. There are so many more important things about a real friendship.

Dear Miss Rosalind: I often read your letters of advice so thought I would write. I have been keeping company with a young man of about 19 for some time. We had a quarrel. He

blames me and I blame him. Should I let him speak first or should I speak and use him the same as ever? He tries to make friends but I have never noticed him since. I am about 20 years of age. Will you please write and tell me what is best to do?

WONDERING. Dear Girl: Don't quarrel, little girl, it always hurts somebody, and after all, kindness is what counts most in this world. Just act as though nothing had happened. Tell sister I'll answer her next week.

THE WORLD IS A BOAT BUT WE DON'T ALL ROW WITH THE SAME BRAND OF SCULLS.

Uncle John's Job

WOMEN'S INSTITUTES

NEWS ITEMS COVERING THE ACTIVITIES OF WOMEN IN ALL PARTS OF ONTARIO.

MERRICKVILLE. A Valentine social, given under the auspices of the Women's Institute of Merrickville, was well patronized, and very much enjoyed by all present. The room was tastefully decorated with Cupids, hearts, and flowers. An excellent programme was rendered, consisting of several selections of vocal and instrumental music, and readings, interspersed with Victrola music. At the close of the programme, refreshments were served by the younger members of the Institute, who wore white dresses, decorated with red hearts.

KEMPVILLE. The Kempville branch of the Women's Institute has a membership of eighty-nine, and is a real live institute. Recently a very interesting meeting was held at which Mrs. Dr. Taylor gave a splendid address on "Musicians of the Nineteenth Century." Vocal and instrumental selections from the different composers were rendered. At the close of the programme, tea was served and a very pleasant social hour was spent, and all went home feeling they had shared a profitable and enjoyable evening.

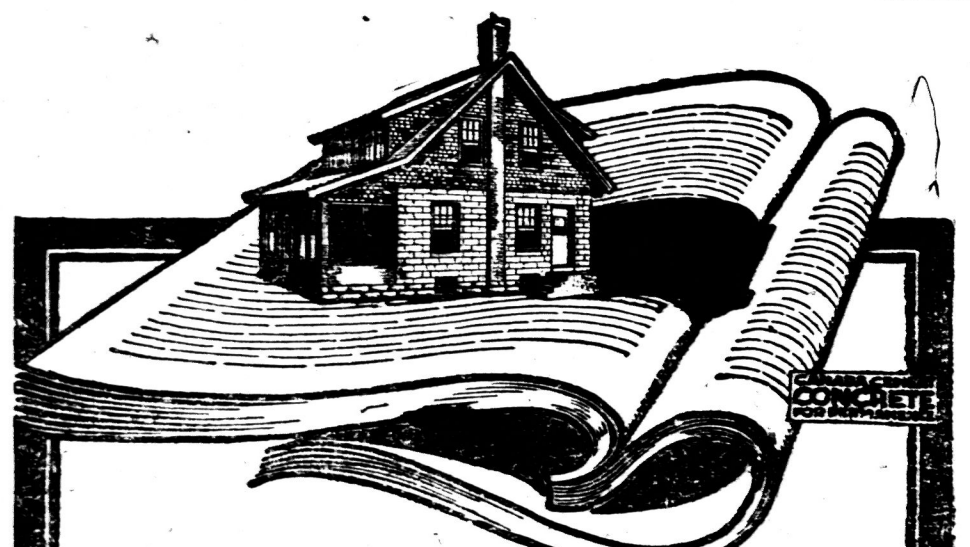
MANOTICK. The Manotick, Ont. branch of the Women's Institute held a regular meeting at the home of Mrs. John Pritchard, on Wednesday evening, February 6th. An excellent paper on "Why Our Schools Should Be Better Equipped" was handled in a very capable manner by Miss Graham and was thoroughly enjoyed by the large attendance. The roll call was answered by Combination Salads. A unique portion of the evening's programme was having the gentlemen present who helped substantially swell the treasury by paying one cent an inch for their waist measure, some \$10.00 being realized.

MRS. F. C. GRAY. After a very pleasant evening and dainty lunch the meeting adjourned.

NEWMARKET. In spite of the strong wind which prevailed on Wednesday evening, the annual at-home at the residence of Mr. and Mrs. Chas. Doane, was attended with great success. The attendance exceeded that of former years about one hundred and twenty-five being present. The programme consisted of solos, readings, duets, instrumentals. The music by the Hawtwin orchestra deserves special mention. We predict quite a musical career for the boys if they continue as they have started. We certainly wish them every success. The crowd enjoyed these gatherings and are greatly indebted to the host and hostess for their good matured hospitality.

L. TOOLE. A Real Asthma Relief. Dr. J. D. Kellogg's Asthma Remedy has never been advertised by extravagant statements. Its claims are conservative indeed, when judged by the relief which it affords. Expect real relief and permanent benefit when you buy this remedy and you will not have cause for disappointment. It gives permanent relief in many cases.

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