IR CHILD

rtment For Farm Mothers.

YOURGELF FIT.

ou are not an invalid ing to e an invalid. You

'anadians do our own I you will be able to other kind man or you up and down. No at present or playing

resh Air

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itigue in working is asly bending over work so that you do bureau. Get some up on the table or e end of pregnancy other should not be

R HEALTH

Happy Wear Bright thing .

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FIGURES

Long Limbs and rt Are Short

nose that we call more common in those of short ore apt to have Tall men are whilst most short e small mouths. who mostly have eople in a great s have short or faces go more ofght. This is not all people have a throughout their Usually their eir arms and legs ght of most tall their legs. Short hand, are apt to of their physique,

elling people the tore is advertisist tells the most ery at the least

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PAKERS and Confectioners the world over use pure Corn Syrup as a sweetener because it keeps cakes and candies fresh much much longer. Send to your grocer for a can today. Use it wherever sweetening is required, and you too will become enthusiastic over its delicate mellow richness and the helpfulness of its evident economy.

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Lesson VI.

REST AND RECREATION Lesson-Lev. 23: 39.43; Deut. 5: 12-15; aMrk 6: 31, 32.

Golden Text .- "The streets of the city shall be full of boys and girls playing in the streets thereof" (Zecn. 8: 5).

The Lesson Text,

Lev. 23: 29 Howbeit on the fifteenth day of the seventh month, when ve have gathered in the fruits of the land, ye shall keep he feast of Jehovah seven days: on the first day shall be a solemn rest, and on the eighth day shall be a solemn rest.

40 And ye shall take you on the first day the fruit of goodly trees, branches of palm-trees, and boughs of thick trees, and willows of the brook: and yet shall rejoice before Schovah seven days in the year; it is a statute for ever throughout your generations; ye shall keep it in the seventh month.

42 Ye shall dwell in booths seven days; all that are home-born in Israel is doubtful if there can be much imshall dwell in booths:

43 that your generations may know that I made the children of israel to dwell in booths, when I rest and recreation is that the work brought them out of the land of may be better done. Egypt: I am Jehovah your God.

Deut. 5: 12 Observe the Sabbath day, to treep it holy, as Jehovah thy God commanded thee.

GO all thy work:

14 but the seventh day is a Sabbath unto Jehovah thy God; in it thou shops could be visited a few years shalt not do any work, thou, nor thy ago, whose owners were as well inson, nor thy daughter, nor thy manservant, nor thy maid-servant, nor thine, ox, nor thine ass, nor any of a musician, with a fine knowledge of thy cattle, nor thy stranger that it old Worcester, Crown Derby, Nankin, within thy gates; that thy man-servant and thy maid-servant may rest of second-hand clocks, cutlery, and as well as thou

thou wast a servant in the lands of and other foreign part knowledge-Hgypt, and Jehovah thy God brought thee out thence by a mighty hand and by an outstretched arm: therefore wander in and lean, chin in hand, Jehovah thy God commanded thee to over the counter, wasting time egregkeep the Sabbath day.

them, Come ye yourselves apart into a desert place, and rest a while. For there were many coming and going, and had been called in on one occaand ther had no ledsure so much as to sion for expert advice by the authori-

32 And they went away in the boat to a desert slace apart.

Comments.

instituted in grateful commemoration of the Israelites having securely dwelt in booths or tabernacles in the wilderness was the third of the three great annual festivals, and, like the other two, lasting a week."

Verse 40. During the whole period of the festival the people were commanded to dwell in booths. These booths were erected on the flat roofs of houses, in the streets or fields. Palms, myrtles and willows were probably used, and such other trees as were distinguished for verdure and fragrance.

Werse 41. The period of the feast was one of wholesome follification. Even in constructing the booths they marched in procession, singing psalms

and crying "Hosenna." Verse 42. The feast was the occasion for intensifying the principles of national life and strengthening the loyalty to Jehevah.

Verse 43. The eighth day was the great day of the feast. Modern life might profitably observe the spiritual ideals here set forth. The patriotic colds, sore throat, bronchial troubles, and other gatherings of the present are so often characterized by gambiing devices and immoral observances



as to make the name "fecreation" tainted farce.

2, 5, and

10-lb.

tins

Deut. 5: 12. The Ten Commandments were originally given at Mt. Sinaf, and récorded in Exodus 26. This is a recapitulation at Mt. Horeb.

Verse 13. There has never been any improvement upon the plan-six days for work and one day for rest and worship.

Verse 14. The seventh day was God's rest-day from His creative work (Gen. 2: 2, 3). After the escape of Israel from Egypt, Jehovah eet apart the seventh day as a "holy sabbath" unto Himself, and the peonle rested on that day (Ex. 16: 22-26, 30). This Jewish law places no obligation upon Christians except as Christ repeats its principles. Under the direction of Jesus the apostles and early disciples observed the first day of the week-the day on which He arose from the dead. The Jewish seventh day is Saturday. The necessity for a rest-day is universal.

Verse 15. Israel spent one day in especially remembering God and His

Mark 6: 31, 32. Jesus recognized the fact that His apostles could not work continuously without rest. Theirs was a kind of labor which even occupied their minds on the Lord's Day. There is need of a present-day balance in the adjustment of rest, work and recreation. It provement upon the plan of eight hours devoted to each. But it should be remembered that the purpose of

ERUDITE SHOPKEEPERS.

Erudite shopmen are not such a rarity as a writer in the Westminster one immediately. Gazette would seem to infer, judging di Six days shalt thou labor, and from his delighted astonishment at encountering a second-hand shopkeeper who was also an Eygptologist. Within 100 yards of each other, two formed globe-trotters and curio hunters as one would wish to find. One was a retired merchant service man. and most of the world's china. The other was a silvorsmith and picker-up some odd bits of jewelry, with a var-15 And thou shalt remember that isd experience of the "Wild West." ableness. Both communicative both. with musty, attractive wares, what wonder that the neighborhood should iously and unconcernedly.

But probably the man whom Borrow would have hailed as brother, Mark 6: 31. And he saith unto and who gave the writer in the Westminster so delectable an half hour. was something superior to these other For he was an Egyptologist ties of the British Museum. In the window of the shop, where "antiques" of various kinds, so runs the Westminster's story, "irom old china and glass to second-hand sewing-machines Lev. 23: 39. "A feast which was and bicycles, were exposed for saie, a pair of wooden figures, undoubtedly old and probably of Egyptian origin, caught my eye. The proprletor, seeing that I was interested, much to my surprise, commenced, without any sort of preface, a scholarly lecture on the figures, and on Egyptology in general, which lasted, with no sort of remonstrance on my part, for the

space of half an hour by the clock. "This most erudite of shopkeepers also told me that he had once been called in by the authorities of the British Museum to decide upon the age of the mummies in the gallery which is, or was, a fascinating place to visit. Altogether I left the place feeling, not humiliated, but rather bewildered, and yet glad to know that there was even now a shop in London, there may be others for aught I know, where the proprietor is an expert authority on an admittedly abstruse and disputations subject. Borrow, I think, would have had more than half-an-hour's enjoyment out of an adventure so much after his own

Ready-made Medicine—You need no physician for ordinary ills when you have at hand a bottle of Dr. Thomas' Eclectric Oil. For coughs, It is invaluable, for scalds, burns, bruises, sprains it is unsurpassed while for cuts, sores and the like it is an unquestionable healer. It needs no testimonial other than the use, and that will satisfy anyone as to its effectiveness.

Bees suck more than 3,000,000 flowers in the gatherings of one pound of Advice to Girls

By Miss Rosalind

eding to the Capp

Dear Ginis:-

I hate to say it; ut this is the l time I shalf write to you through this paper. I have enjoyed it ever so much and I think, from the nice things you say to me in your letters, that you have enjoyed it too. But my work has become so tremendous the She comes from heaven, and on her

For awhile I shall devote all my time to The Weekly Times, a Toronto plaper. If you want me very espec-ially—address me there. I do not know whether The Weekly Times cir culates through the country, but I dareesy you could get it every week by sending your dollar to the circula tion manager of that paper.

I have a number of letters to an swer personally and all these will be attended to, also those who asked for correspondents. The following list is the names of those whose letters are not answered yet but will be for a week or two in my new paper Thanking you all and wishing you prosperity and happiness always. remain your friend and adviser. MISS ROSALIND,

Care The Weekly Times, Toronto,

Verdella, Sigh, Snowdrop, Engaged, Frown Eyes, Miss Puzzle, Sunshine 3 March Anxious Ed., Weary Jean, Howard White, Hazel, Lottie, Chatterbox, Blue Eyes, Anxious Five, Lonely Lass, May Blossom, Browny, Lilly of the Valley, Doe-Doe, Bet, Frumps, Dutch Twins, Marie Smith, Eva, Lonesome One, Orystal, Weenie, Anxious Man, Grateful One, Brown Eyes, Babe, Marie, Cutie, Cousin Betty, Huntly, Chams.

Many others have asked for private answers, which they will receive in

Dear Loretta-Did you ever think you might live some place where your company and what work you could do after school would be taken for boards Either that, or employment in one of the stores from four to six. I do not know if this will appeal to you. but I know when you are so anxious about it, you will surely find some solution to the problem. Ask your minister's wife or your teacher. No doubt you are growing quite fast and that helps keep you thin. Drink milk and cocoa, eat eggs, bacon, lots of butter, and such fattening foods.

Dear Frenchie-If you really loved the man you would not be fickle. He has no right to object to your friends if you are not engaged. It is best to keep away from men who drink ecasionally.

Dear Anxious One-if you cannot keep both for friends, you will have to make up your mind which one you will marry; and then tell the other

Dear Vicky Van-Don't listen to girls when they gossin about your A real friendship is foundfriends. your friends you cannot love them. being engaged until the boy is through college and established in a

who can appreciate a good letter

Dear Betty and Bernice-If the young man puts his arm around you when others are present, and it annoys you, tell him so. Age does not make very much dif-

erence if people are congenial. A young man should go home at ten-thirty. If he does not seem inelined to, let his hostess say, "I am afraid you had better go now. Mother bjects to any one staying later than It can be done with perfect courtesy and never gives offence to a person of good breeding.

If a girl's parents allow her to go to lances, the young man should keep discreetly quiet.

Dear Troubled One-II am sure you are a jolly good sport and a mighty good-natured pal. So why bother about a few freckles? I do not know of any reliable cure; but don't let that worry you. I think they are atractive.

Do your hair a new way. Cute and girlish.

utely silly!

up too late while you are at school. Ten o'clock! Read mother parts of the letters if she is interested. Always make her your best chum. I'll send your name on and hope you get some good letters.

ROBALIND.

P. S.—Sometimes girls write to me to say that all they know how to do is housework and that there is no outlook of improvement fr them. Right now, I need someone in my home to help with the work and leave me free for literary duties. I would like some one who is really interested in housekeeping and anxious to learn more about it. There would be opportunity for such a girl to take lessons at night in the splendid night schools of Toronto. I do not want a girl who wants to get away from a email place just for the excitement of the big city-but an earnest, ambitious, willing worker of any age. Write me, care of The Weekly Times, St. Clair and Dufferin Streets, Toronto.

Wise mothers who know the virtues of Mother Graves' Worm Extermina-

ROSALIND.

tor always have it at hand, because it proves its value.

When Holloway's Corn Remover is applied to a corn it kills the roots and we calloutly comes out without in-Litting? Keen Minard's Liniment in the house fury to the flesh .

AT EVENTIDE.

stream is calmest when it eventide and birds most musical at close of And saints divinest when they pas

Morning is lovely, but a holler Liese folded close in evening's robe of balm, And weary man must ever love her best, morning calls to toil, but night to rest.

wings doth hear A holy fragrance, like the breath of praver: Footsteps of angels follow in her trace. To shut the weary eye of day in peace.

Ail things are hushed before her as she throws O'er earth and sky her mantle of There is a claim, a beauty and a power That morning knows not, in the evening hour.

Until the evening must we weep and toil. Plow life's stern furrows, dig the weddy soil? Tread with sad feet our rough and stormy way And bear the heat and burden of

the day.

steeping clay!

O, when our sun is setting, may we glide Like summer evening down the golden tide: And leave behind us, as we pass away. sweet, starry twilight 'round our

THE FATEFUL YEARS FOR EVERY WOMAN

HOW TO OVERCOME TROUBLES THAT AFFLICT WOMEN ONLY.

So far as a woman's health is conerned, probably the most fateful years in her life are those between 45 and 50. Many women enter this period under depressing conditions. through overstrain in household cares or a neglected condition of the blood. and so they suffer heavily. Among the commonest symptoms

at this time are headaches, pains in he back and sides, fever flushes, palpitation, dizziness and depression. It s well to know that these variations of health can be relieved by home treatment. What women stand in need of all their life, but never more so than in middle age. is rich, red blood. As a tonic for the blood and nerves, Dr. Williams' Pink Pills are help women at this time. Among those who have found benefit through the use of Dr. Williams' Pink Pills is Mrs. J. A. McDougall, Rhodena, N. S., ed on faith, so if you do not trust who says: "I was greatly troubled with nervousness, palpitation of the f I were you I would not consider heart, dizziness, and a general run down condition. It was only with difficulty that I could do my work, and although I had been taking medicine for some time I did not improve. Fin-Dear Art-I shall certainly send ally a friend advised Dr. Williams your name to some nice mature girl Pink Pills, and I got a supply and began taking them. The result more than met my expectations, and I am feeling better than I have done for years, sleep well, eat well, and do my housework much more easily. In my case the pills certainly did what you claim for them."

Dr. Williams 'Pink Pills are sold by all dealers in medicine, or you can get them by mail at 50c a box or six boxes for \$2.50 from The Dr. WIIliams' Medicine Co., Brockville, Ont.

No Korean couple would think of marrying without consulting the sage, who fixes the happy day for them. This he does simply by adding the bride's age to the bridegroom's, and, after determining which star rules the destiny of their united ages, he decrees that the wedding shall take place upon the day sacred to that star.

JAN THE DEAF BE MADE TO HEAR?

This question can be answered both ways. If the deafness is due to Catarrrh, success is general if the suf-Two Village Chums—Don't be abso- ferer persists in the use of Catarrhosone, and thereby drives catarrh out of the system. Penetrating through Dear Bubs-It does not pay to stay the passages of the ear, the soothing vapor of Catarrhozone relieves the inflammation, destroys the seeds of catarrh and thereby allows nature to re-assert herself. For catarrial deafness, pain over the eyes, plugged nostrils and other symptoms associated with catarrh, use catarrhozone. You'll be more than pleased with the quick improvement in your condition. Two month's treatment, One Dollar. Sold everywhere, or the Catarrhozone Co., Montreal.

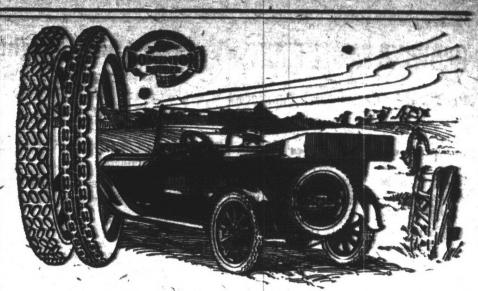
> At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August. found MINARD'S LINIMENT most beneficial for sunburn, an immediate relief for colic and toothache.

> > ALFRED STOKES. General Sec'y.

The largest island in the world is Greenland, 827,300 square miles in

The government of the city of New York costs more to maintain than does that of the whole Japanese em-

Minard's Liniment Lumbers



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adding the sugar to the eggs without ance. If it had not been for his taking the trouble to caramelize it. tail he never would have made it. The vanilla may be omitted and a few How that tail did work! Now on grains of nutmeg grated over the top this side, now on that, and now jerkof the custard can be used instead. ing steadily along straight above the This is frequently served in the cup wire. The poor tail was heavy with or bowl in which it is baked, and snow and ached with the unaccustomcalled cup custard. When turned out ed exercise, but it went bravely on, it may be served with a chocolate balancing, correcting catching, hold-

CHEESE CUSTARD.

BAKED CUSTARD.

Four eggs, one cup scalded milk,! salt, quarter teaspoonful pepper, few through the air and no doubt be had grains cayenne, few drops onion juice. Beat eggs slightly and add the remaining ingredients. Turn into but- tions, entirely forgetting that if the tered timbale moulds, set in pan of wire had not been there he and his hot water and bake until brown. Re- wife would have had no breakfast move to hot platter.

CUSTARD PIE Two eggs, three tablespoons sugar, one-third teaspoon salt, one and a half cups milk, few gratings nutmeg. mixture and sprinkle with few gratcombination need to be cooked at low temperature.

Canton ginger, four eggs, two cups scalded milk, half cup sugar, half 25 cent bettles for sale everywhere. teaspoon salt. Cut Canton ginger in thin strips.

and use for garnishing sides of buttered individual moulds. Beat eggs hot water and bake until firm. Chill thoroughly and remove from moulds to serving dish.

BAKED ORANGE CUSTARD. half cup sugar, few grains salt, grated rind one orange, quarter cup crange rind and orange juice. Scald milk in double boiler, pour gradually, while stirring constantly, over egg mixture; strain into buttered custard cups and bake in a moderate oven until custard becomes firm. Cool, turn out and

COFFEE CUSTARD. Two cups milk, two tablespoons ground coffee, three eggs, quarter cup sugar, half teaspoon salt, quarter tea-

orange syrup.

spoon vanilla. Scald milk with coffee and strain. Beat eggs slightly, add sugar, salt, vanilla, and milk. Strain into buttered individual moulds, set in pan of hot water and bake until firm. Many timbales are really baked

custards. With other seasonings instead of sugar and vanilla they may form the main dish for luncheon or supper.

POOR SQUIRREL!

Had to Walk Telephone Cable for

Wife's Breakfast. You may have thought that the squirrel was trying to call central when he walked the length of the telephone cable all the length of the alley, and you may have classed him with the sort of foolish people who have walked wires over Niagara Falls. The fact was that the squirrel wanted his breakfast, and what was much more important his wife wanted her breakfast.

The snow was so deep that the squirrel would only have succeeded in burying himself if he had tried to walk through it and it was packed so tightly down next to the ground that he could not go to his storeroom at the foot of the tree. He could not telephone and he could not berrow from his neighbors, because he had no neighbors, no could not fly and he could not beg loudly

enough to be heard. It seemed to him that if he had been anything but a squirrel there would have been somebody to help him, but as he was a squirrel, he had is no stranger—it has stood the test for to help himself and he started bravely out to do it. He walked the slippery cable all the length of the near a telephone pole. Then he Mass.

walked back again and carried his wife's breakfast to her.

It sounds so simple and it was so difficult. His feet were cold and so stiff that they skidded. He was a fat little squirrel and every inch or so he slipped so far to one side or A plain baked custard is made by the other that he almost lost his bal-

sauce, maple syrup or caramel sauce, ing and, indeed, fairly pushing the

squirrel along the wire The squirrel probably thought that one tablespoon melted butter, quarter the wire was there for no other purcup grated cheese, half teaspoonful pose than to afford him a passage eaveral things to say about the size of the wire and its stippery condiand probably no lunch or dinner .-Rehoboth Sunday Herald.

ADVICE FOR BACK-ACHE

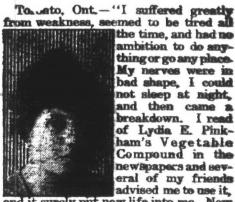
When stooping burts, when lifting Beat eggs slightly, add sugar, sait When stooping burts when lifting and milk. Time plate with paste, and heading causes distress that's the build up a fluted rim. Strain in the time to rub in lots of "Nerviline." ings of nutmeg. Bake in quick oven brings grateful relief. No limiment at first, to set rim, but decrease the more soothing, more certain to kill heat afterward, as egg and milk in muscular, rheumatic, or sciatic pains. Thousands of homes rely on good Old Nerviline for eramps, colic, dysentry, and external muscular pains. Large

GERMAN'S COAL FIELDS.

The production of coal in Germany slightly, add milk, sugar and salt and in the year 1913, was 175 million tons. strain into moulds. Set in pan of Under the peace treaty Garmany has Nost about 35 per oeat, of its coal-producing territory. Aleace-Lorraine and the Saar regions, with 16 million Three gg yolks, one egg white, tons. Upper Silesia with 41 million tons, and the occupied territory with juice, one and a quarted cups milk. In million tons. In addition to this, Beat yolks and white of egg until Germany must, under the terms of the 2 million tons. In addition to this, light; add sugar, sait, grated orange peace treaty deliver from 31 million to 39 million tons of coal each year to the Allies. The coal miners under the new regime in Germany have a 10-hour day, but in view of the present crisis, they have agreed to work surround with sections of orange and two half shifts extra each week at double pay, thus making a 49-hour

LETTER FROM MRS. WAKELIN

Tells Remarkable Story of Sickness and Recovery.



thing or go any place. My nerves were in bad shape, I could not sleep at night, and then came a breakdown. I read of Lydia E. Pinkham's Vegetable Compound in the newspapers and several of my friends advised me to use it. and it surely put new life into me. Now

I am quite able to do all my own work, and I would strongly advise every suffering woman to give Lydia E. Pink-ham's Vegetable Compound a trial."— Mrs. Charles Warren, 272 Christia St., Teronto, Ont. The makers of Lyona E. Pinkham's

Vegetable Compound have thousands of such letters as that above—they telf the truth, else they could not have been obtained for love or money. This medicine more than forty years.

If there are any complications you do slippery cable all the length of the not understand write to Lydia E. Pinkalley, and found some frozen bread ham Medicine Co. (confidential), Lymp.