

Lesson

Golden Text—3e. Sam. 15: 22.

On an altar of burnt sacrifice to the voice of the outward form, but of worship, God dealt to be God's true servant in his kingly objects him from being...

It has been said that "he would do how wrong it was," hope to be nice, but of extremity when it Saul's task was well, who "did be- gins, and did not the water plan of sur- was sometimes un- Concerning offences a millstone about his foot offend, "pluck it out, and thou shalt be clean."

Evil that is black as hell and unrepresentative of God, and hate. Saul's victory was did not carry out his spoils were tempt- need of live stock, held to ransom. Saul motives of humanity, no sense in wasting value. Then as now, evil is to be com- the liquor business is most pertinent case of ent. So a review of defence of his sin is we have "a study surpassed in the liter- ation of hypocrisy, plausible twistings of wardly shifting of self pleading we make dialogue. Saul answered," offensive than in the Bible. He had often that the phrase and no real meaning. The heart of the story is Saul's sin. With exalt- edness, following a long prayer, Samuel ar- was to that age a new y is better than sacri-

As He Were. The supply sergeant had just issued the last assortment of shoes to the colored outfit. There were plenty of kicks, but the loudest and most pro- longed came from Private Indigo Know, who, failing to receive satisfac- tion elsewhere, betook himself to the captain. "Cap'n, sah," he announced, "mah shoes am too big fo' me."

"You'll have to make the best of it," answered the captain. "Plenty of men have shoes that don't quite fit."

"Don't quite fit!" ejaculated Indigo. "If yo' says 'tenshun, cap'n, Ah comes to 'tenshun. Den if yo' says to right about face Ah right about face, but mah shoes stays at 'tenshun. Don't quite fit! Huh!"

Canada imported goods worth \$665,000,000 from the United States, and \$168,000,000 from Great Britain, in the year ended October, 1923.

GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR. 35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic - not sticky or greasy! Any drugstore.

Our SMP Pearl Ware Wash Board is so strong, tough and durable that a full-grown man or woman can stand on it without doing the rubbing surface or any part of it the least harm!

Ask for SMP Pearl Ware. SMP REALITY. SHEET METAL PRODUCTS CO. MONTREAL TORONTO WINNIPEG SPOKANE VANCOUVER CALGARY

As important to ventilate a little good reading inspiration of associating an of noble qualities, of late the dairy barn.

RED ROSE TEA "is good tea" and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY

HEALTH EDUCATION BY DR. J. J. MIDDLETON Provincial Board of Health, Ontario. Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Within the past quarter or perhaps half century man has taken a lively interest in health matters in the sense that attention to these matters can and does improve the health condition under which he lives. True, there have been instances of ancient races carrying out great schemes for the convenience of the people that today come under the head of public health work. For example, the Romans spent much time and labor, as well as large sums of money in building aqueducts in order to bring abundance of water into their capital city. However, it was not with the idea of bringing a pure water supply that these great aqueducts were built. It was more to satisfy their aesthetic senses. They enjoyed their baths and delighted in the play of their fountains, but they knew nothing about the transmission of typhoid fever, dysentery, or Asiatic cholera by drinking water.

CHILDHOOD INDIGESTION. Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Fully nine-tenths of all the minor ills of childhood have their root in indigestion.

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The Heavens. The earth had shined, and she had slain. Her flower children fair, And leaved tribute on the trees, And stripped the gardens bare, Deserted by the fickle sun, And shivering dismayed, Beneath the northern's stinging lash, Disconsolate, she prayed.

Lord of the seasons, unto deeds Of evil I confess— But I am poor, take pity now Upon my nakedness. Hide with thy mantle's spotless hem My withered breast," and lo! The earth was covered with the white Compassion of the snow. —Minna Irving.

NERVOUS INDIGESTION. Some of Its Causes and How Relief May be Obtained. Many people suffer from nervous indigestion. The commonest causes are worry, over-work, lack of exercise, or a general run down condition of the system.

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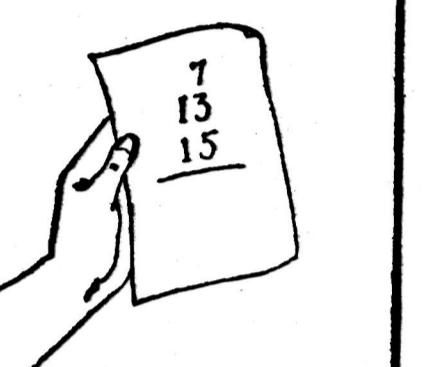
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The appointment of Mr. R. C. Vaughan, Director of Purchases and Stores, Canadian National Railways, has been announced by Sir Henry Thornton, Chairman and President of the System.

EASY TRICKS No. 323 Perplexity



This is hardly a trick, but it will be an interesting stunt to try some time. It will not always, but you will be surprised to find how often it works just as it should. Write on a slip of paper the numbers 7, 13 and 15. Ask a spectator to hold this slip of paper, but not to look at what you wrote until you give him the word to do so.

I am not at all concerned about the Lord being on our side, but it is my most constant anxiety that I shall be on the Lord's side.—Lincoln.

ECZEMA. The skin and scalp is an affliction that we have been successfully treating by mail and in our offices here for over 20 years.

Mother! Give Sick Baby "California Fig Syrup". Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup."

At any hour-day or night. EDDY'S MATCHES bring the light.

For Invalids. Delicious, strengthening food and source of other tasty and nourishing dishes may be easily and quickly prepared with OXO CUBES.

Graduate Nurse Finds "The Perfect Remedy"

Graduate of National Temperance Hospital tells of remarkable Cases Where Tanlac Has Proved Effective.

"From my long experience as a professional nurse, I do not hesitate to say I consider TANLAC the most efficient and natural stomach medicine and tonic to be had. It is undoubtedly Nature's most perfect remedy."

Thomas A. Edison. Noted inventor, recently celebrated his seventy-seventh birthday. In honor of the occasion he took two hours at mid-day from work in his New Jersey laboratories.

One Nigerian tribe believe that every man has at least three souls—the ethereal body, the soul, and the spirit.

ASPIRIN. Beware of Imitations!



Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for Colds, Toothache, Headache, Neuritis, Lumbago, Rheumatism, Neuralgia, Pain, Pains.

WET FEET. Lead to colds. Avoid chills by rubbing with Minard's Liniment. The great preventative.

MINARD'S "KING OF PAIN" LINIMENT.

Does Your Blood Need Iron? How to Make the Test That Tells.

A PALE face, a nervous, irritable disposition, a lack of strength and endurance—these are the warning signals that Nature gives when your blood is getting thin, pale, watery and starving for iron.

For Invalids. Delicious, strengthening food and source of other tasty and nourishing dishes may be easily and quickly prepared with OXO CUBES.

up the system in general, it has no equal. Tell of Case. "About a year ago I had a lady patient who could not keep a thing on her stomach fifteen minutes, not even water. I prevailed on her to try TANLAC and after the sixth bottle she could eat absolutely anything she wanted without the slightest bad after effects."

"I had another patient who simply could not eat. I got him started on TANLAC and, by the time he finished three bottles he was eating ravenously and had regained sufficient strength to return to work."

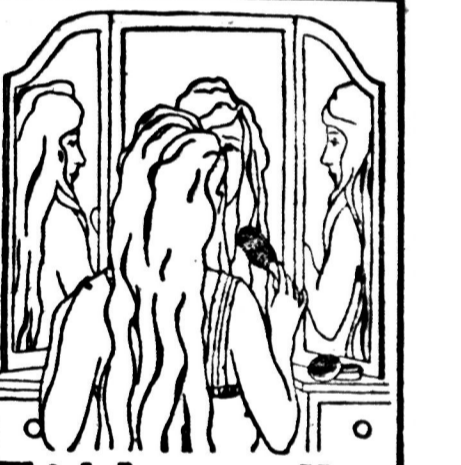
Classified Advertisements FOR SALE. WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

MURINE For Your Eyes. Refreshes Tired Eyes. Write Murine Co., Chicago, for Free Eye Book.

WARNER'S SAFE KIDNEY & LIVER REMEDY.

WARNER'S SAFE REMEDIES CO. Toronto, Ont.



Thick Lustrous Hair Kept So By Cuticura.

At night touch spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a sud of Cuticura Soap and hot water.

WOMAN SUFFERED FOR MONTHS. Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound.

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."

Another Nervous Woman Finds Relief. Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and felt as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."