

Lesson

Text — This  
in remem-

drink the cup,  
by faith the  
God makes with  
sorrowfully re-  
that the hand of  
extended at the  
to have partaken  
He does not  
to the event  
is. Though  
by God's ap-  
because Judas,  
the awful conse-

VENED BREAD

old makes care-  
Passover, or  
Bread. There  
the observance  
that all  
with leaven  
table is spe-  
ciously mean-  
ing begins  
the head of the  
with three un-  
leavened loaves  
wrapped in a  
hard-boiled  
egg, the "charos-  
et" (dipped apples  
and cinnamon)  
and bitter  
herbs. One  
is to remind  
of affliction  
when they were  
in Egypt. The  
other herbs are  
of the "pascha"  
people.  
The Israel-  
ites took the  
bones of a lamb  
and the  
for the daily  
meal in the  
of the festival,  
with prayer,  
piece of pas-  
take hold of  
to each other.  
The deliv-  
erance and  
explained  
young. When  
been cruci-  
fied and  
supper they  
17, 118 and  
ing follows.

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presented by  
the  
Experiment-  
produce an  
crops.  
owers, oats  
annual hay,  
and most of  
crops. In  
of the re-  
crops  
samples  
in a dry-  
practically  
system. It  
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Station:

Per acre

dry wt.

tons, lbs.

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WORK WORN PEOPLE

Find Renewed Health by Im-  
proving Their Blood.

If you feel run down, it means that your blood is thin and watery, that your vitality is low. Your feet are easily chilled. You do not sleep well and you are tired when you rise in the morning. You find no pleasure in your meals and are listless and dispirited at your work. You have no energy to enjoy yourself.

Thousands of men are run down by anxieties of work. Thousands of women are broken down by their household toil, with tired limbs and aching backs; thousands of girls are pale, listless and without attraction. It all means the same thing—thin and watery blood, vitality run down, anæmia, poor appetite, palpitating heart, short breath.

Do not submit to this. Get new blood and with it new vitality. There is no difficulty in doing this. Dr. Williams' Pink Pills build up and enrich the blood, which brings with it new health and vitality. The man, woman or girl who takes Dr. Williams' Pink Pills is never run down. Their friends notice how energetic they are, what a fine appetite they have, and how much they enjoy life.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The School Choir Can Help  
the Church Choir.

In many small towns, and for that matter, large ones, may be found, here and there, struggling church choirs, paying a music director—often one of little or no training or ability—more than they can afford, and getting no satisfying return in what usually is considered the most necessary element in the effect of a church service. At the same time, in nearby public or high schools, under the leadership of capable supervisors, glees, clubs, choruses, and other musical organizations and soloists are thriving wonderfully and furnishing entertainment throughout the year for the same public that attends church. No doubt the pupils who are enjoying their work in the schools, are also the main support of the choirs, and in their weekly evening rehearsals and on Sundays are inwardly chafing at the poor quality of music they render, owing to lack of co-ordination and adequate leadership.

These things ought not to be. What is keeping the school choruses from joining forces with the church choir and giving pupils an opportunity of enlarging their field of study, and, incidentally, giving the church what it needs in the way of good music? Let a supervisor, with the consent of her school board and of her student body, offer the services of the glees, clubs, quartets, choruses or soloists at the nearest church, where they may be needed and would be welcomed. If there is any obstruction to the working of this idea that cannot be removed in some way, the writer cannot conceive it. The benefit would be to everybody concerned.

More thought and study should be given to sacred music in the school chorus. The singing of anthems properly opens a new field to the chorus and directs who have been confined strictly to lighter school work.

A Strange Postoffice.

Skilling vessels still go around Cape Horn, just as they did in the sixteenth century, navigators finding it very difficult to make the winding passage through the Straits of Magellan.

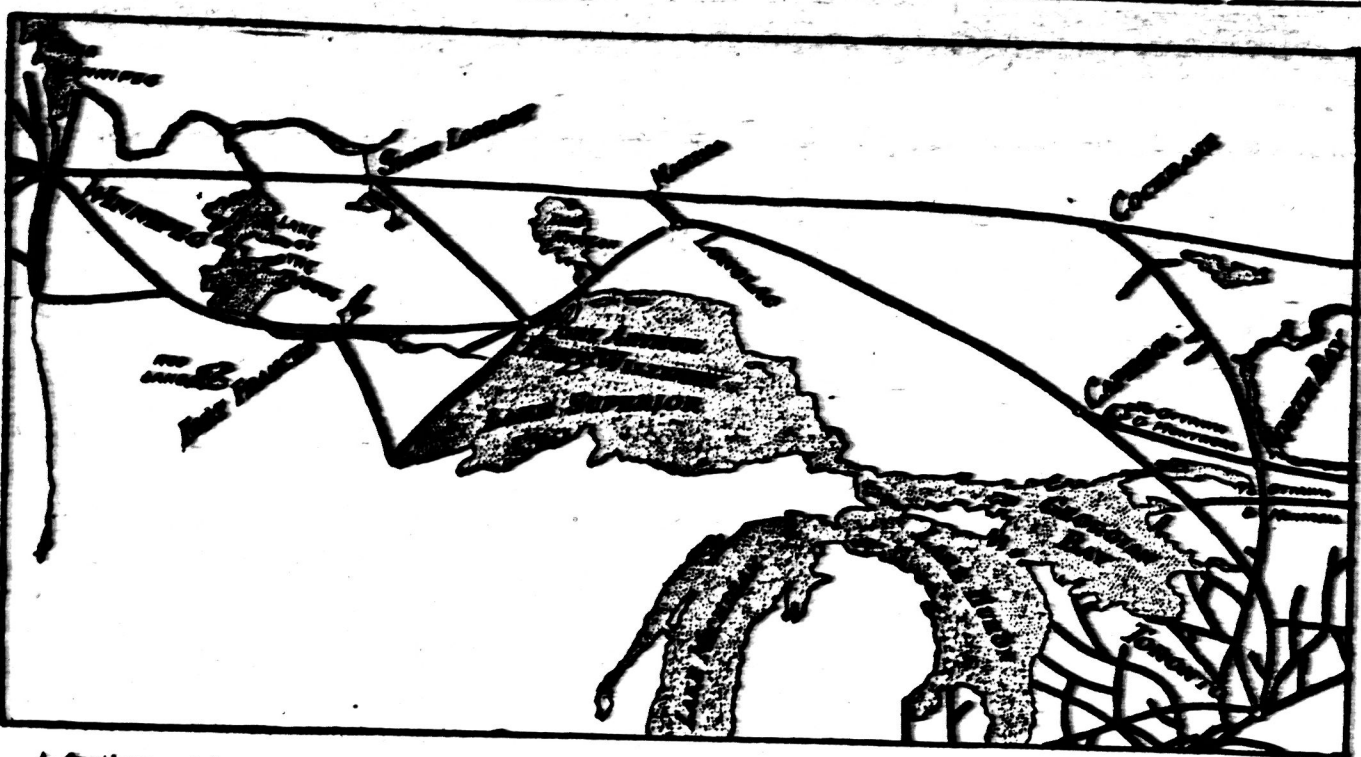
Sometimes, however, on account of stormy weather, ships have to hover off the Horn for the greater part of a month. Cape Horn is a big mass of rock, which rises abruptly from the sea and forms a small island. Upon one of the ledges of this rock there stands a covered barrel.

Ship captains, who are passing around the cape, send a boat ashore

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Please write for our price list on  
Poultry, Butter, and Eggs  
We guarantee them for a week.  
P. POULIN & CO., LIMITED  
50-52 Broadway, Montreal  
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BERMUDA  
Ideal Winter Playground  
Only 2 Days from New York  
Frequent December Sailings  
January Twice Weekly  
Via Pictorial, Twin Screw,  
Oil-Burning Steamers  
"FORT VICTORIA" and  
"FORT ST. GEORGE"  
For Illustrated Booklets Write  
FURNESS BERMUDA LINE  
36 Whitehall Street, New York City  
or Any Local Tourist Agent

Bovril  
prevents that  
sinking feeling



A further cut in running time between Winnipeg and Toronto has been announced by Canadian National officials at Winnipeg in connection with train schedule changes which became effective recently. Last year, with the opening of the Long Lac cutoff connecting the north and south main lines of the Canadian National Railways new train now running, another five hours' reduction has been made. The National now leaves Winnipeg at 5.30 p.m. daily and arrives in Toronto at 7.20 a.m. From Toronto, the train leaves at 8.45 p.m., arriving in Winnipeg at 8.45 a.m. of the second day, making a 37-hour run.

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.

Many people are afraid of the dust in the air and believe that it contains germs of all diseases. This danger is not as great as was formerly thought. It is true that dust contains many germs, but the greater number of these are harmless. The dangerous germs from coughing or sneezing or from spitting on the street die quickly when desiccated by exposure to air or to sunlight. Some survive, however, and when blown with the dust by the wind, they may be carried into the mouth and nostrils. This danger which is spread broadly and on a large scale is not a very serious one. Dry sweeping should never be resorted to because it circulates dust in the air. For the same reason a moist cloth should always be used for dusting furniture to the exclusion of feather dusters. Vacuum cleaners are the ideal instruments for cleaning houses and schools. The minute particles of dust floating in the air and which are seen through a ray of the sun, contain but very few germs. Generally speaking, there is but little danger of becoming infected through the air unless one is very near a person who coughs or sneezes or in a thick cloud of dust set up by the wind or by dry sweeping. Disease germs have no wings and do not fly through rooms. They are mostly spread, not by the movements of the air, but by careless persons who distribute them

A sick person when coughing or sneezing, throws in the air a fine spray from the nose and mouth. That spray may carry thousands of microbes. If you wish to know how this transmission of infectious diseases takes place, observe, when you have a cold, how easy it is for the germs to pass from one mouth to another. Note whether your handkerchief, if used by you to cover your mouth and nose, when you cough or sneeze, is handled by others. Note whether you sneeze dishes on the table. Note when you touch the tap of the sink or the handle of the door. If you observe well, you will see the persons who have touched your handkerchief, the tap or the door handle, carry their hands to their mouths or to their noses, or touch things they will carry to their mouths. Numerous and varied are the ways whereby germs of all sorts are carried from one mouth to another. It is because of the danger of spreading the germs of tuberculosis or other equally dangerous germs, that well-bred people refrain from expectorating on the ground and that municipal sanitary services pass by-laws prohibiting this dirty habit. The sputum of a consumptive may contain thousands of tuberculosis germs. When expectorated on the sidewalk by negligent persons, it dries and mixes with the dust in the air, or, and this is still more dangerous, it sticks to the shoes when still fresh and active and is carried in the house where it soils the floor or the carpets and then is brought up to the hands or mouth. Children playing on the floor are especially liable to become infected in this way.

Certain diseases, like typhoid fever, are transmitted, not by germs from the nose or the mouth, but by germs from the secretions of the bowels and from the urine. The infective material of these diseases is usually transmitted by water or contaminated milk, or by flies. In the cities where there is a sewer system, the sewage is immediately disposed of in closed pipes. In the country, however, it is most difficult to effect this disposal in accordance with the laws of hygiene.

at that point, if possible, to take from the barrel whatever mail matter is going in their direction, and drop in it whatever it is desired shall go in the opposite direction. This mail-box is the world's most southern postoffice, and it does not need a postmaster.

Letters to the North Pole.

It is one of the delightful illusions of childhood that letters reach the "igloo" of Santa Claus if they are addressed "North Pole Villa, Arctic Regions, N." but for some years letters actually have been delivered with fair regularity within the Arctic Circle.

Twenty years ago the Canadian Government did not undertake to deliver any postal package farther north than Edmonton, in Alberta, but to-day the Arctic mail goes northward to the shores of the Arctic Ocean, the last stages, and even the earlier ones in the depth of winter, being by dog-train.

"Next door" up there is often fifty miles distant, but despite this the postman's knock breaks the silence of the frozen wastes of the great north-west, and the time may come when, either by aeroplane or otherwise, some lonely settler at the North Pole itself may have a Christmas greeting delivered at the door of his snow house. Civilization tends to go farther and farther north, and it must not be forgotten that Fort Yukon itself is inside the Arctic Circle.

Sweet Memories.

Gigg—"Why do you sigh?"  
Bigger—"When I hear that girl sing it takes me back to the dear old days on the farm. I can hear, in memory, the old gate creaking in the wind."

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



What Bobbed Hair'll Do.  
"Say, I took the boss and his wife to be a happy middle aged couple, but I see he's running around with a young little bobbed hair blond."  
"Yuh poor simp, that's his wife."

Very Clear.

Lady—"When does the boat leave?"  
Sailor—"Flood-tide, mum."  
Lady—"But what time is that?"  
Sailor—"Four bells."

An alligator takes sixty years to become fully grown.

OXO  
For Your Cooking  
save work—money—time,  
trouble and fuel—and make your  
cooking better.  
Time of 4 - 15c. and  
10 - 30c.  
CUBES

Genuine  
BAYER  
ASPIRIN  
Insist on BAYER TABLETS OF ASPIRIN  
Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for  
Colds Headache  
Pain Neuralgia  
Toothache Lumbago  
Neuritis Rheumatism

Accept only "Bayer" package which contains proven directions.  
Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.  
Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocyclic acid of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to avoid the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

EASY TRICKS  
Crossed Or Uncrossed



This is an excellent game for breaking the ice at a party, and has just enough of a catch in it to make it worthy of being classed as a trick. The party is arranged in a circle and the leader takes a pair of scissors. He hands it to his neighbor either on the left or the right, asking him to return the scissors to him. This done he passes the scissors to his other neighbor, saying: "I received them crossed and pass them uncrossed," or "I received them uncrossed and pass them crossed," or whatever the facts in the case may be. The neighbor passes them to his neighbor with the same remark, changed in accord with the facts. If the remark is in accord with the facts the leader so announces and those who know the catch chime in. If it is incorrect, the player is out every time. The game continues until every person in the circle has learned just where the catch lies, and is able to pass the scissors with the correct remark. This may sound simple, but it always produces considerable amusement and it is rare indeed that everyone in the party discovers the secret.

The secret is simply this: If either the arms or the legs of the person passing the scissors are crossed, the scissors are said to be passed crossed. If the person receiving them has either his arms or legs crossed, he receives them crossed. If neither legs nor arms are crossed, the scissors are passed or received uncrossed. Clever players hide the secret by not crossing the legs, as that is usually quickly discovered, but depending entirely upon the crossing of the arms while receiving or passing the scissors. The uninitiated may thus learn half the secret but be completely at sea concerning the rest of it.

(Clip this on, and paste it, with either of the series, in a scrapbook.)

Noted for Fur.  
Teacher—"Rastus, what animal is most noted for its fur?"  
Rastus—"De skunk. De more fur you gets away fum him de better it is fer you."

For Every Ill—Minard's Liniment.

Old-fashioned Mother.  
Mother had come in from the farm to visit her daughter in the city. After the kiss of greeting, she noticed her daughter's bobbed hair. Her eyes opened wide in astonishment.  
"Well, fer pity's sake, Lizzy," she exclaimed, "you never even writ me you had the typhoid."

MORE THAN 55,000 FARMERS  
have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

Classified Advertisements

MONEY TO LOAN.

SPARE LOANS MADE. AGENTS  
wanted. Reynolds, 77 Victoria  
Street, Toronto.

WANTED

STONE INDIAN RELICS. E. A.  
VanWinkel, 1399 Lansdowne Ave.,  
Toronto.

Ill Feeling.

Mr. Ives had just been telling his wife about a business associate whom he would like to entertain some time at his home.

"No," replied Mrs. Ives. "I certainly shall not invite him and his wife here."

"Why, my dear! Why not?" queried Mr. Ives.

"Because," explained Mrs. Ives, "I entertained her once and she never recuperated!"

SALESMEN.

We offer steady employment and pay weekly to sell our complete line of exclusive lines of guaranteed quality, whole root, fresh-cut-to-order trees and plants. Attractive illustrated samples and full co-operation, a money-making opportunity. LUKE BROTHERS NURSERY, MONTREAL.

We are interested in obtaining

OLD and RARE  
BOOKS

ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

To Gain Weight

Druggists guarantee Bitro-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price \$1 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

AT THE FIRST SNEEZE

Heat and Inflammation. Also bathe the feet in Minard's and hot water. It wards off colds, grippe, influenza. An enemy to germs.

MINARD'S  
"KING OF PAIN"  
LINIMENT



Cuticura Talcum  
For Young And Old

After a bath with Cuticura Soap and warm water Cuticura Talcum is indispensable in soothing and cooling tender or irritated skins. They are ideal for all toilet uses.  
Sample Book Free by Mail. Address Canadian Depot, "Cuticura," P. O. Box 2418, Montreal. Price, Soap 25c, Ointment 25c and 50c. Talcum 50c. Try our new Shaving Stick.

PAINS ACROSS  
THE BACK

Relieved by Lydia E. Pinkham's Vegetable Compound

Mitchell, Ontario.—"I have taken your medicine for a number of years. I do not take it steadily all the time, but I am never without it. I always keep it in the house. I took it first for pains in the abdomen and bearing-down pains, headaches and pains across the back. I have my home to look after and many a day I could not get up at all. I saw the advertisement in the paper about Lydia E. Pinkham's Vegetable Compound and I was anxious for others to know. Such testimony should cause any woman suffering from the troubles so common to her sex to give this well-known medicine a fair trial.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."  
This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.