HOW TO RELIEVE YOUR COLD ALMOST AT ONCE

Follow Simple Directions Here For Quick Relief

1. Take 2 Aspirin tablets.

2. Drink full glass of water. Repeat treatment in 2 hours.

3. If throat is sore, crush and stir 3 Aspirin tablets in a glass of plain water and gargle. This eases the soreness in your throat almost instantly.

When you have a cold, remember the simple treatment pictured here . . . prescribed by doctors as the *quick, safe way*.

Results are amazing. Ache and distress go immediately. Because of *Aspirin's* quick-disintegrating property, *Aspirin* "takes hold"— *almost instantly*. Your cold is relieved "quick as you caught it!"

All you do is take *Aspirin* and drink plenty of *water*. Do this every 2 to 4 hours the first day—less often afterward . . . if throat is sore, the *Aspirin* gargle will ease it in as little as 2 minutes.

Ask your doctor about this. And be sure you get ASPIRIN when you buy. It is made in Canada and all druggists have it. Look for the name Bayer in the form of a cross on every *Aspirin* tablet. Aspirin is the trade mark of the Bayer Company, Limited.

DOES NOT HARM THE HEART

Gold Is Sought In Fort William

Fort William.—There's gold under there in the city, said Port William residents recently.

This fact, suspected for some time, was believed confirmed by the scratching claws of a chicken. The chicken, owned by Walter Bailey, yielded a gold nugget about the size of a grain of wheat while it was being dressed.

Bailey resides near a brick plant where two years ago workmen uncovered a number of nuggets in a seam of sand, lying above clay that underlies Fort William. The find by Bailey renewed interest in the possibilities of washing gold from the sand.

Aside from some "panning" by a mine near the spot where the workmen found their nuggets, nothing further was done to develop the possible gold mine but now renewed interest in the spot is being shown.

Italy Honors 94 Mothers

ROME — Italy's most prolific mothers. 94 of them, began their second annual celebration in Rome recently as guests of Premier Benito Mussolini.

Since each represented a province, with two from Rome, the affair had some aspects of a national get-together of beauty queens in the United States.

The champion mothers were chosen or the number of healthy children in their families, and those with less than eight were not even in the running. Only mothers married since the World War were admitted to the contests.

All are robust physical types and the majority are in their forties. Their combined brools total 926 — an average of close to 10 apiece.

They came to the capital at the expense of the government and are to be feted by the Romans for three days, which is Mothers' and Children's day in Italy.

Mussolini will receive them before they go back to their homes and will give them diplomas and prizes. The meeting with Il Duce in Venezia Palace was established as an annual affair last year.

Although there are some new faces in this year's assemble most of the champions are those who won out last year, many with another addition to their brood.

While in Rome the mothers will have free access to public entertainments, will ride free on street cars and auto-buses and will have free board and lodging. They will receive the plaudits of the public in a parade.

The annual contests and Rome meeting are part of Mussolini's plan to increase interest in large families and thus augment Italy's population. Last October he reviewed a parade of prolific mothers and their families at Milan.

Beauty contests have been frowned upon by official Italy since the idea of the champion mothers was evolved.

If You Eat Starches Meats, Sweets *Read This*

They're All Necessary Foods — But All Acid - Forming. Hence Most of Us Have "Acid Stomach" At Times. Easy Now to Relieve.

Doctors say that much of the so-called "indigestion," from which so many of us suffer, is really *acid* indigestion . . . brought about by too many *acid-forming* foods in our modern diet. And that there is now a way to relieve this . . . often in minutes!

Simply take *Phillips'* Milk of Magnesia after meals. Within immediately this acts to *neutralize* the stomach acidity that brings on your trouble. You "forget you have a stomach!"

Try this just once! Take either the familiar liquid "PHILLIPS" or now the convenient *new* Phillips' Milk of Magnesia Tablets. But be *sure* you get Genuine "PHILLIPS".

Also in Tablet Form:

Phillips' Milk of Magnesia Tablets are now on sale at all drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of regular Phillips' Milk of Magnesia.

PHILLIPS' *Milk of Magnesia*

MADE IN CANADA

CHAPPED HANDS? NO!

APPLY HINDS

See how quickly it soothes

HINDS *Honey & Almond* CREAM

TRADE MARK REGISTERED IN CANADA

HAVE You Digestive Troubles?

Mr. W. J. Fisher, 398 Hunter St. W., Hamilton, Ont., said: "I suffered from catarrh of the stomach, could eat but very little and that would cause distress. I grew weaker daily and had headache almost constantly. I became very much discouraged. After taking Dr. Pierce's Golden Medical Discovery I able to sit upright in weight and regained my work." All druggists.

BABY AILMENTS Relieved!

"Baby's Own Tablets have been the only medicine my four children have ever had. In no single instance has it been necessary to consult our doctor." So write Mrs. Harry Pilmer, Cumberland Bay, N.S. When the baby or young child loses appetite; is sleepless or restless, has coated tongue, colic, indigestion, cold or diarrhoea or is teething . . . give Baby's Own Tablets for safe, quick relief. Price 25c at all drug stores. 203

Dr. Williams' BABY'S OWN TABLETS

Issue No. 2—'35

WINGS OF FORTUNE

BY LESLIE BERESFORD

SYNOPSIS

Sylvia Darnley, an orphan is employed at a travel bureau. She meets John Christopher Fellowes, going to Paris and Monte Carlo.

Mrs. Paula Carmichael and Tony Mallison staying at the hotel tell her she is heiress to a fortune left by her uncle, Luke Massingham.

On the way to Monte Carlo, together with Paula and Tony, the train is wrecked and Sylvia is under the impression that Tony rescued her. Paula warns her against fortune seekers.

Going to a teashop alone, Sylvia overhears John Fellowes tell a friend of HIS rescue of Sylvia on the train. Sylvia confronts Tony with this information. Tony then tells her that a letter will was made by her uncle benefitting John Fellows. Sylvia runs in to John Fellowes when a fire breaks out in his hotel and tells him of the will.

He advises her to carry on the deception.

John Christopher tells Tony and Sylvia that the fortune has been wiped out by market manipulations.

Florrie, the maid, steals the will.

Then the Conte saw Lester Vanderduyl, and the sight of him added more surprise to the expression of his face, while something like consternation spread vividly as the other people came in, Tony and Florrie, the detective from Shanghai and the others.

The last to come in was, Slyvia noticed, a drapper little man, typically French, even to carefully trimmed moustache and short goatee beard. He moved directly towards the Conte, smiling amiably.

"You know me, of course, m'sieur le conte?" he suggested, amused at the sudden pallor of the Italian.

"M'sieur Sorot, of the French Surete!" the latter grasped, obviously trying to control himself, and with well-simulated surprise. "And what brings the great M'sieur Sorot here in Italy?"

"The kindness of my Italian colleague, Signor Gardini!" he gestured towards the man by his side. "I am here with him — and M'sieur Vanderduyl—to request that you and the contessa should accompany us for an enquiry into certain of your activities, and especially into an affair of a year ago, when an American young gentleman committed suicide in your flat at Paris."

"My college mate, Conte!" Lester Vanderduyl loomed big and threateningly over the Italian. "Got me? I have come here to Europe to get at the truth of that affair. I passed myself off on you and the contessa as just another pigeon to be plucked, but putting the net around you all the while. All I had to do was to let you try the same frame-up on me, only with outside evidence this time."

He pointed to the Conte's Italian man-servant, who came forward boldly at this moment, saying something to his late master which Sylvia did not hear, but understood next moment by the Conte's involuntary exclamation:

"So? An agent of police! A snake in the grass!"

Now, at any rate, Sylvia realised that she had wasted sympathy on Lester Vanderduyl over his seeming innocence and folly in allowing the d'Abbatos and Tony to fleece him as they had been doing. He had been far wiser than she had dreamed. Even the fleecing had been, it proved, largely a myth, for his gambling debts had been mostly only covered by I.O.U.'s, which naturally now would never be met.

From what was said, she discovered also much of what had happened in the wood-panelled study of the Conte that late afternoon. The latter had accused him of trying to persuade the contessa to elope with him, threatened a scandal, demanded a large sum to silence the affair.

Lester, pretending to accept this suggestion, had then in his hand all the evidence he wanted, was believed to have gone to Monte to find the money, but had merely taken himself to where the Surete official and the Italian detective were waiting at the inn. The Italian police were just as eager as the French to bring the d'Abbatos to book at long last.

But that, while it satisfied them and Lester Vanderduyl, was of no vital interest to Slyvia, with whom the d'Abbatos were only accomplices of the people whom she most wanted to see punished. She watched the Italians escorted from the room by the detectives and Lester Vanderduyl, only anxious for her own affairs to come nearer to settlement.

The stockily-built detective from Shanghai, she found, was wasting no time over that.

"Well, Mallison," she heard him saying. "You and that precious sister of yours there have had a good long run for your money. I suppose you know why I've come all the way from China to enjoy a little chat with you?"

Sylvia had to admit to herself that Tony, his back to the wall, carried himself without the slightest suggestion of fear, even with a effrontery which made her almost admire him.

"Not the foggiest notion, Weston!" he retorted with a shrug and an expression of well-feigned wonderment.

"Possibly!" nodded the other, grinning. "I can understand that. Your difficulty would be to select the right reason from the considerable number that might be among the runners. Case of spotting the winner, eh?"

"Just what you mean, I can't say, Weston!" Tony shrugged again laconically and flung across at Sylvia a glance, eloquent with sardonic venom, as he added: "If, by chance, it's about Luke Massingham's will—"

"Wrong horse, this time!" chuckled the other. "Since I've been in these parts, it's true, I've heard rumours about a will. But it wasn't that, bringing me all the way from the Far East. It was a trifling matter of forgery and embezzlement in connection with a Chinese company."

Followed a silence, tense with surprise, which the detective seemed to enjoy. Tony looked dazed, and the blonde beauty of Paula had taken a livid hue. The detective took a step forward.

"You and Mrs. Carmichael can make up your minds to voyaging back to China," he said. "There's a extradition arranged, and there's a cab with an escort of Italian police due here any minute now to fetch you. They'll let you know what it's all about, if your conscience doesn't.

"And meantime," he went on, "if there is anything about a will — as I believe there is—it would be as well if that was settled—"

"There is one!" Sylvia interrupted, and pointed to Florrie. "Ask her! she has it! She stole it from him. That's why he was trying to murder her on the road ——"

"Is that so?" smiled the detective. "Well, when we get him away back down under, Miss, he'll be where he can't play those funny sort of tricks. And you say this girl's got the will?"

"Strictly speaking," he pursued, "this will's none of my business. It's not on the charge that's brought me over to arrest these people. I don't know any more about it than Mr. Fellowes here has happened to tell me ——"

"And for that matter," intervened Christopher, "there's not the slightest need for you to think any further about it. In fact, I'd much sooner you took these people away and forget you'd heard anything of a will. I thought I'd made that clear to you down at the inn."

"So you did, Mr. Fellowes!" nodded the other. "But, since the lady here seemed so anxious about it ——"

"Anxious?" Sylvia thrust herself forward eagerly towards John Christopher.

(To Be Continued.)

Chicago Does Good Marriage Business

One Bridegroom Forgot His Intended Bride's Name

Chicago — Sidney Summerfield, chief marriage license clerk, points to the 40,937 marriage licenses issued this year as evidence of better times. It was the highest total since 1929, when 43,000 couples took out licenses.

Marriages rise and decline, Summerfield said, but tradition goes on. June held its usual place as the most popular marriage month, with 5,145 licenses issued.

Superstition has survived, the records showed, with the two Fridays which came on the 13th day of the month (April and July), and "April Fool's Day" making low spots for the year in marriages.

Looking back over the year, Summerfield recalls: The flustered husband-to-be who forgot his intended bride's name and sat for half an hour before he recalled it.

The World's Fair nudist couple that got a license.

The Siamese twins that tried—and didn't.

"Pert" Lady Of Ninety Never Drinks Water

Washington. — Miss Elizabeth Hartman remembers President Grant of the United States, but she doesn't remember how many years it has been since she tasted water.

Celebrating her 90th birthday recently Miss Hartman said she took a dislike to water more than a half century ago, and despite the stress doctors lay on "H-2-0" as part of the human diet, she, in her own words, is "as pert as I was at 40."

Milk is her chief liquid, but she says she can eat or drink anything.

Serve the Best Tea

"SALADA" TEA

What Does Your Handwriting Reveal?

GEOFFREY ST. CLAIR
(Graphologist)
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(Editor's Note. Hundreds of our readers have been helped to a greater understanding of themselves through sending for a personal character analysis from their own handwriting. Have YOU? See the invitation in the following article).

The early part of a new year is a good time for stock-taking. Just as all business firms generally take advantage of this time of the year to balance up their stock, find out where they are short, and what they can do without, so may each one of us take advantage of this psychologically opportune time to have a mental stock taking.

In what qualities of character are we short? What do we lack in order to take advantage of the opportunities that a new year offer? Are we on the right track? Are we exerting our fullest energies in the right path?—or are we pursuing a course that will lead to disaster, or at best to unhappiness?

Nothing can stand still. We either progress or retrogress. And no one of us wishes to go backwards. It is my advice to all my readers that you quietly explore your abilities, your characteristics, your talents,—don't be afraid to tell yourself the truth. You are cheating no one but yourself when you wilfully overlook points in which you are lacking.

How can Graphology help you to make the most of yourselves? Well, it can do what most people are fundamentally unable to do—it can tell the truth about you, without bias or favour. It will show up unerringly your faults and weaknesses and it will be quite fair too. It will show equally wherein are your good characteristics.

Handwriting does reveal the truth about the writer. This has been emphlified so often that, today, there are very few sceptics.

"Madge" of Moose Jaw, Sask, writes, in part: "I am enclosing a specimen of my husband's writing as well as my own. I would like to know if my husband intends to repay mend his ways, as he has promised. Will he keep his word?"

Well, Madge, your own writing shows that you are of a reserved nature. You do not reveal your real feelings. You are also inclined to study your own self-interests, to some extent. And you also display some impatience, and consequently irritability.

The writing of your husband indicates that he has a somewhat highly strung nature. He is impulsive, and often does things, without stopping to consider carefully what he is doing. There is another trait in his character that he ought to check. He is a procrastinator—indefinite and rather vacillating. He does not seem to be able to make up his own mind, or lay down a definite course of action.

He certainly needs to cultivate more determination and decisiveness, instead of taking the line of least resistance.

He undoubtedly means well when he promises you that he will mend his ways, but I am afraid that he is hardly of a sufficiently strong character to keep to this, unless he buckles down, and realizes that this procrastinating and indefinite way of doing things and behaving is not to his advantage.

To "Ellen," Bloor Street, Toronto Your writing shows that you have been making an effort to control your excitable disposition—and I congratulate you on this. Keep it up and you will reap the benefit. You have a careful regard for order and neatness, and are particularly scrupulous about details. This is a good trait, but don't be too fussy.

Miss M. J., London: Yours is a cool and poised nature. You are not a girl to get easily ruffled, no matter how tense things become. Something occurred—you display a tendency to study your own interests. True, there is some generosity, but you are never impetuous, and usually discriminate in your giving. In other words you look before you leap.

Can Mr. St. Clair help you? Can he help you by telling you the truth about you from your handwriting? And have you any friends about who you would like to know the real truth—without frills? Send specimens of the writing you wish to be analysed, stating birthdate in each case. Send 10c coin for each specimen, and enclose with a 3c stamped addressed envelope to: Geoffrey St. Clair, Graphologist, Room 421, 73 Adelaide St. West, Toronto Ont. Letters are confidential, and replies will be forwarded as soon as possible.

Scottish Quintuplet

When the Dionne quintuplets came into the world and created a sensation by living for a few months there was much digging among medical archives for previous records, and the unanimous opinion appeared to be that the longest survival of a quintuplet in history was one born in Lisbon, Portugal, many years ago, which held on to a tenuous life for 63 days before the thread finally snapped.

But Scotland claims to have a quintuplet who is now 64 years of age.

This is Miss Elsie Hay, of Seaton, a small community near Lossiemouth. She had four brothers, but they only lived a short time. Miss Hay was born in the fishing village of Cullen, a few miles from where she has spent all her life. She is hale and hearty and goes to work every day.

The case of Miss Hay appears to have been overlooked in medical records.—St. Thomas Times-Journal.

New York Is Tired

In New York, Dr. Dafoe is a success. New York is old and tired of smart young men. Too many of them have buttoned up their too-smart coats and swaggered along Forty Second Street in a too-smart way. New York is so much simpler than Dunkville — that is the New York that matters, the New York that has run the whole weary gamut of sophistications.

Railway Puts On Car For Women Smokers

Chicago.—And now the woman's smoking car. A western railroad placed one in service for the first time recently on a train bringing men and women business people in from the suburbs.

Many of the ladies, officials said, were chary about taking their puffs in the men's smoker and disliked the idea of enjoying a few drags while standing in the vestibules.

DON'T RISK BAKING FAILURES

LESS THAN 1¢ WORTH OF MAGIC bakes a perfect cake!

There's no guesswork with Magic. It assures uniformly fine results! That's why Canada's leading cookery experts use and recommend it exclusively. Ask your grocer for a tin!

CONTAINS NO ALUM—This statement on every tin is your guarantee that Magic Baking Powder is free from alum or any harmful ingredient. MADE IN CANADA

MAGIC BAKING POWDER

Woman's World

By Mair M. Morgan

ART OF CONTRIVING

There are thousands of women managing to look well-dressed, to keep their houses attractive, and even to dispense open-handed hospitality, and are doing these things under circumstances that many others would consider hopeless. We have in mind several instances. One woman had no money to buy curtains for her hall door, nothing to spend on wallpaper. So, with a few drops of green paint left in the bottom of a can and a little turpentine to thin it, she painted the grass in scroll fashion and the effect is of rather effective frosting. She stripped the old paper from the walls and tinting a pail of white wash with a package of blue dye, she brushed the mixture over them and to all intents and purposes they are delicately mureseo-ed. In another instance a woman having given away a good pair of curtains in order to freshen a sordid home, made a ragged pair do by starching them slightly and placing bits of still more ragged material over the larger holes and pressing them on with a hot iron. In a third instance a woman long accustomed to moneyed ease, and whose income has dwindled to next to nothing, manages to keep a servant and continue her hospitality to all and sundry, by dint of dying a diminished wardrobe at home, and having enlisted the interest of her maid by kindness and consideration, is equally able to be thrifty in all household ways.

EATING UP THE SCRAPS

The last of a treasured dish seems to taste better than the first slice. Perhaps it's because those tasty bits of brown outside slices that fall off in slicing, and those juicy bites one had to dig out from around the bones, are actually the choicest part of the meat. It seems unkind to slight these juicy bits by treating them as scraps. In reality these so-called "leftovers" make the foundation for many a delicious dish.

Cut all the meat from the bones just as soon as the roast is taken from the dinner table. Don't let the meat dry out. Place the cut meat in a bowl and cover it closely with a lid or waxed paper. The bones go into the soup kettle. Cover them with cold water, add salt and simmer them gently for an hour or more. This delicious broth or meat stock may be used as the basis for soups, gravies or sauces. Place it in a glass jar in the refrigerator, for tomorrow's use.

RAISIN-CRAMBERRY PIE

Three-quarters cup sugar, two tablespoons flour, one cup cranberries, cut in halves, onehalf cup raisins, seeded and cut in pieces, two tablespoons shortening. Cover bottom of pie plate with paste. Reserve enough for upper crust. Fill with ingredients mixed in order given. Bake thirty minutes in moderate oven. A little more sugar may be used if preferred than given in recipe above.

HAVE YOU TRIED THIS?

Old silk stockings, socks and knitted silk underwear need not be discarded when they are worn out. Attractive and colorful purses, chair sets, footstool covers, small pillow tops or bed-plate mats can be made from such remnants.

Pink and white underwear, and light colored stockings can easily be dyed using any good dye. In choosing the colors, have plenty of green and be sure that the colors harmonize. The colors produce a more striking effect when the dyeing is uneven as this shades the design and gives it depth. To acquire this effect, allow a third of the material to remain in the dye several minutes before dropping the rest of the length by degrees into the kettle. You have, as a result, a length of material which varies from a dark, rich hue to a pale tone of the same color. The dyeing is done, of course, before the material is cut into strips. Men's socks can be used for variety as they are usually woven in several colors and make the design more interesting.

Materials for Background

Cut the material into one-quarter inch strips, being careful to follow the line of the knit, up and down so that the strips will not ravel too easily. The weight of the silk may vary, but this does not matter as long as the worker does not use the too fragile chiffon stockings. These are not practical or lasting. The plain, monotone stockings can be used for backgrounds when such are desired.

The material into which these cut strips are worked is either fine white cross-stitch canvas, monks cloth, or any heavy material not too fine in weave. When the cross-stitch canvas is used, a neutral background, dark or light, must be worked in on the whole surface around the design. When using monks cloth, only the design need be worked and the cloth itself forms a background. Purses can be made on remnants of wool dresses to match the costume.

The design to be worked on the foundation material can be either geometrical or floral. A design of simple flowers well placed and well shaded with darker centers and lighter colorful petals usually is most effective. These designs can be traced or copied from photographs and drawings of flowers in seed catalogues and advertisements, or drawn freehand by an original worker. Also ideas may be gained from art books in the public library or transfer patterns may be purchased. Butterflies copied from magazines that produce the real color are effective.

For the cross-stitch canvas, the design should be drawn on paper or pasteboard and may be colored. This is placed under the canvas and traced through to the right side. Water-color pencils or water-color paint can be used. Crayon lines will not last long enough to follow in working. In using monks cloth, the design has to be traced on free-hand, but with a little practice, the worker will become skillful in simple designs. Do not make extra lines as they will not erase and there is no worked-in background to cover them.

With the design drawn on the foundation material, the colors chosen beforehand for the various parts of the pattern, and the material cut in strips only as it is ready to be used, the work itself may be started. The method is very similar to that of old-fashioned hooked rugs. Use a No. 12 crochet hook for the fine work and a No. 8 for work on monks cloth. Hold the strips of silk on the under side of the material and with the crochet hook, pull the strips through into small loops on the right side, following the drawn design carefully. Remember to shade the leaves and flowers, using a wide range of colors. The effect is like a minature hooked rug, with small, even loops close together. It is not necessary to use a frame, but if the worker finds it easier, she may tack the cloth on a small picture frame. Another more novel method of making these bags is to color and shade in the floral design on the material with water color pencils or water color and work in a monotone background around the flowers. The background can also be crocheted by using a chain stitch through the material. This works up very fast.

The purses may be finished with regular tops of wood or composition or with a handle of the same material as the bag. They are lined with satin and look neater when they are finished off around the edges with a small cord, crocheted out of knitting silk is desired. The cost of making these bags, including the cloth handle, will probably not exceed 25 cents. These colorful bags are much admired and there is a ready market for them.

SPEAKING OF BOOKS

"What are you reading these days?" he asked.

"Oh, I've just read the funniest book," replied the modern flapper. "Honestly, it's a scream—it really impressed me frightfully."

"Who's it by?"

"You know that awfully funny person who writes things—I can never think of his name."

"What's it called?"

"Let's see—it's some awfully funny title. . . . Funny, I can't for the life of me think of it at this minute, but it's terribly amusing. It simply gave me hysterics."

"What is it about?"

"Well, it's really terribly amusing—you know, one of those sort of satire things."

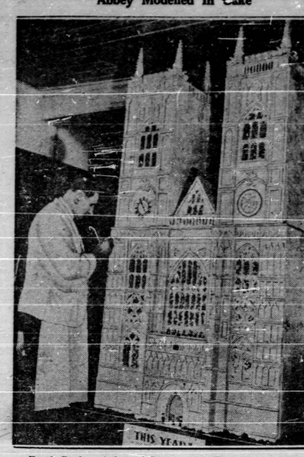
"Really, it must be delightful."

"I think his books are wonderful, anyway, don't you?"

"Whose books?"

"This man whose name I can never thing of, I mean."

Abbey Modelled in Cake



Frank Buck, a baker of Leytonstone, England, is shown above with his cake model of Westminster Abbey, which was one of the Christmas exhibits shown in London. The cake, which was six feet high, weighs 2,500 pounds and was made of Empire fruit.

SUNDAY SCHOOL LESSON

PETER'S LESSON IN HUMBLE SERVICE

GOLDEN TEXT—All of you gird yourselves with humility, to serve one another.—1 Peter, 5:5.

TIME— Thursday, April 6, A.D., 30

PLACE—In the Upper Room where the Last Supper was held in the city of Jerusalem.

"Now before the feast of the passover," The greatest of Jewish festivals. Commemorating the deliverance of Israel from Egypt. "Jesus knowing that his hour was come," (Luke 22 : 14) Not a particular period of sixty seconds' duration, but indicating the entire time during which his death occurred, and which was "his hour," because for that tremendous event he had come into the world. "That he should depart." In the Greek verb there is nothing suggesting death, but only a passing from one place to another. "Out of this world." The origin of the Passover an exodus from the land of Egypt, is here most remarkably fulfilled in the departure of Christ out of "this world," which Egypt always typifies. "Unto the Father." To go to the Father is to go home. "Having loved his own." They were by his own choosing (15.16) and were soon to be his in even a deeper way by his purchase of them with his own blood (Acts 20:28) "That were in the world." The world out of which he was about to depart and in which they must remain (17:14-16). "He loved them unto the end. Better, "unto the uttermost."

And during supper." This was a meal preceding the Lord's Supper; or, it was as many believe, the beginning of the Lord's Supper itself, which is not, as such, recorded by John. "The devil having already put into the heart of Judas Iscariot, Simon's son to betray him, "Thankfully we feel, the heart of man was not capable of originating the betrayal of Christ; humanity had fallen, but not so low.

"Jesus, knowing that the Father had given all things into his hands" There are at least sixteen different gifts of the Father to the Son spoken of in the New Testament, e.g. a throne (Luke 1:32); judgment (John 5:22); authority over all flesh (John 17:2); his own (John 10: 29, 17, 2, 9) etc; all things (John 3:35; 13:3; 17.7). "And that he came forth from God and goeth unto God." No one but God the Son could ever know such stupendous things as these.

"Riseth from supper." The cause of this sudden act on the part of Jesus was certainly the unholy and bitter argument among the disciples which of them should be accounted the greatest. "And layeth aside his garments," The large upper garment or cloak. "And he took a towel, and girded himself." He wrapped the towel about his waist so that both of his hands might be free for what he was about to do.

"Then he poureth water into the basin." That it is called the basin would indicate it was the one placed in the upper room for such occasions as might arise. "And began to wash the disciples' feet." It was customary among the oriental people for a servant to wash the feet of guests as they came into the house, their feet, with only sandals on them having accumulated much dust from the road. "And to wipe them with the towel wherewith he was girded." Shame and astonishment shut the mouths of the disciples, and not a sound broke the stillness of the room.

"So he cometh to Simon Peter." With what disciple he began we do not know.

"He saith unto him." Apparently the first one in the room to speak. "Lord, dost thou wash my feet?" By this question of astonishment, possibly accompanied by drawing his feet upunder him Peter pays a great tribute to his Master.

"Jesus answered and said unto him, What I do." In this he has made himself ultimately responsible for all that happens for all of us. "But thou shalt understand hereafter." Hereafter means after these things," and refers to the entire Passion of Christ, which is here beginning.

"Peter saith unto him, Thou shalt never wash my feet." Here is a deliberate setting of th will of Peter against the will of Christ. "Jesus answered him, If I wash thee not, thous hast no part with me." The matter of Peter's salvation is not involved here, but his fellowship with the Saviour.

"Simon Peter saith unto him, Lord not only my feet, but also my hands and my head." The absolute word of the Master breaks down the opposition of the disciple, but still it does not fully break down his self-will.

"Jesus saith to him, He that is bathed, needeth not save to wash his feet." This entire passage cannot be fully understood unless the distinctive meanings of the two Greek verbs for washing and bathing are recognized. The Greek verb louo here, translated "bathed" (the only use of the verb in the Gospels) implies always, not the washing of a part of the body, but the whole.

"But is clean every whit." He also made a similar pronouncement later in the same evening (John 15:3). "And ye are clean, but not all." Judas was then in the room.

"For he knew him that should betray him." Literally him that was betraying him.

"So when he had washed their feet." In what mood do you believe the disciples now were? "And taken his garments and sat down again." One at once thinks of that greater work which he was soon to finish, after which he sat down on the right hand of the Majesty on high (Heb. 1 to 3). "He said unto them, Know ye what I have done to you?" Of course they knew the external act, but did they know he asked, what that act really meant?

"Ye call me, Teacher and Lord." As Teacher he was the ultimate authority in their thought; as Lord, their Master in every detail of life and act of life. "And ye say well; for so I am." Such an acknowledgement would be sinful unless Christ were more than man.

"If I then, the Lord and the Teacher, have washed your feet." The heights of his deity and the depths of his voluntary humiliation couldn't be more vividly placed in contrast. "Ye also ought to wash one another's feet." Christ is here commending to the disciples an attitude a willingness of heart that does not hesitate in "looping low in serving other people, the virtue of humility.

"For I have given you an example." Christ is twice spoken of as an example in the New Testament, here and in 1 Peter 2:21, though the Greek nouns in the two passages are different. "That ye also should do as I have done to you." If we first learn from our Lord to assume humility of heart towards others in the blessed spirit of a servant, what a blessing we should become to the world."—Andrew Murray.

"Verily, verily, I say unto you." Twenty times in the Gospel of John and not once in the other three Gospels, Jesus Christ begins a statement with his solemn phrase, Verily, verily. "A servant is not greater than his Lord." They surely are not above him, and therefore could never rightly feel that they were above doing what he had himself stooped to do. "Neither one that is sent greater than he that sent him." We also are sent ones, his apostles; (John 17:18; 20:21).

"If ye know these things." Knowledge carries responsibilities as well as privileges. "Blessed are ye if ye do them." Christ especially emphasized the doing of the things he taught at the conclusion of the great sermon on the Mount (Matt. 7:21, 24-28.

"Likewise ye younger be subject unto the elder." This may mean that the younger Christians should be in obedience to those advanced in age "Yea, all of you gird yourselves." The white scarf or apron of slaves which was fastened to the girdle of the vest and distinguished slaves from freemen, was known by a technical word deriving from the verb here used. The verb itself simply means to tie or fasten about one's self, and occurs nowhere else in the New Testament. "With humility to serve one another." True humility toward our fellow-men arises from humility before God, wherein we attribute no good thing to ourselves, recognize that all that we have, even our natural gifts, are of God, and that we are the objects of his undeserved love.

"For God resisteth the proud, but giveth grace to the humble." A quotation from the LXX version of Prov. 3:34; also quoted in James 4.6. God withholds his gifts and aid from the proud, since the necessary condition on the part of the creature for the reception of every communication on the part of God is wanting to them.

Science Approves Toasting Bread

Shortens Time For Digestion and Does Not Harm Protein Content

The scientists have recently had toast up for trial in the laboratories. And they found out some interesting items.

We have known for some time that the heat of toasting acts on the starch in bread, changing it to sugar or "dextrinizing" it, and thereby shortening the time required for the body digestion. But might the toasting heat be harmful to the protein content of the bread and so counteract the good effect on the starch? That's what the experts wanted to know.

Their tests have shown that the protein of toasted bread is as completely digested as the protein of untoasted bread, so the evidence is all in favour of the toast.

Eliminates Potatoes

That's good news since toast is so useful to us housewives. Many important chefs in the great hotels and restaurants throughout the country serve lamb chops, broiled chicken, broiled kidneys, mushrooms asparagus and any number of foods on toast.

Potatoes are unnecessary when toast figures in the menu. Rarebits and creamed foods on toast are inviting at luncheon time and broiled fillet of beef, lamb chops and italian bury steaks on toast are excellent for dinner.

Cream of dried beef with hard cooked eggs on toast is easily prepared, inexpensive and nourishing luncheon dish. So are creamed oysters on toast.

Onion soup, tomato soup and celery soup all gain distinction if two or three squares of toast are sprinkled with grated cheese and served in each portion.

Melba toast is perfect with soups of all varieties.

The Marrying Age

The vital statistics compiled in Ontario since 1881 seem to show that the province has a marriage problem in which the economic situation is in strong contact with natural law.

Those who have had experience in the matter of marriages and marriage are dealt with are of the opinion that people should not marry after the age where they have become too set in their opinions.

The financial situation of the average man is such that he cannot undertake the responsibilities of establishing a household until he is 30 years of age or thereabouts, while to have the best opportunity to make the marriage partnership a success, these authorities claim that men should be wedded from 20 to 25 yrs. of age and women from 18 to 22 years of age. In Ontario about 56 per cent of the marriages are in conformity with these conditions.—Galt Reporter.

Gratefully Remembered

A young man who set out from Peterborough, Ontario in a canoe to paddle across the Atlantic to Peterboro England, has never been heard from, and is believed to have lost his life.

His adventure was foolhardy but had one redeeming feature which public gratitude and praise. Knowing that it was foolhardy, he attempted it single handed, prepared to take the consequences whatever they might be. He carried no radio with which to notify the world when he upset and to bring a thousand other persons to get him out of his mess and save his life, at the risk of their own.

A monument should be erected for him, thus inscribed.

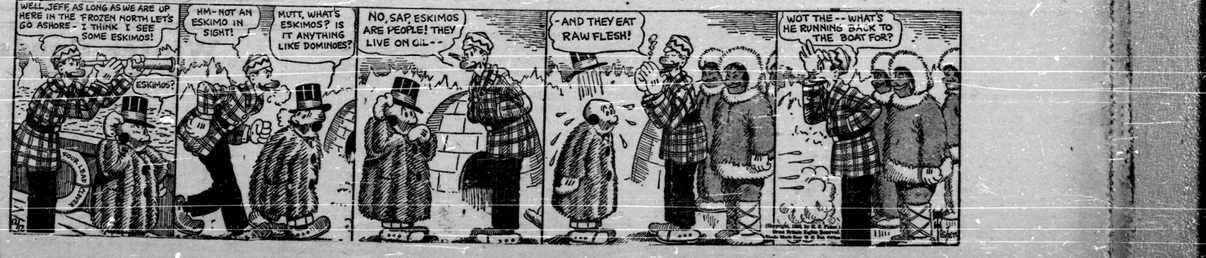
"In grateful memory of the world's last man who was willing to pay the full price of his own folly."—Detroit News.

Howlers

The Sadducees didn't believe in spirits, but the Pharisees were publicans and sold them.

A damsel is a little plum.

A monologue is a conversation between two people, such as a husband and wife.

Henry VIII was the greatest widower the world has ever seen.

MUTT AND JEFF— By BUD FISHER