mandment in the Word of God

for the obedience of which Christ

will not give strength in the hour

of need. And there is no case of such long standing, so appar-

ently helpless, but that Christ is able to deliver from whatever bondage, whatever habit, what-ever doubt, whatever cyil may

have taken possession of any ir

dividual. Why did our Lord ask

this man to take up his bed and

walk, rather than to leave the bed there? Probably, as some one has

said, that he might remove from the place of his long and fruitless

waiting the very vestiges of a life of impotence and despair, so that

he would never be tempted to go

back again to the place where he

had spent so many wasteful years.

assembled there that he was com

like manner, one newly saved by Chrise is to reveal the reality of

his salvation by living that kind of a life which before was im-

possible for him - a life above

the level of the world, a life mani-

festing divine strength, a life in which the power of God will be

was cured. It is the sabbath, and

up thy bed. But he answered

them, He that made me whole

CAPE COD TOMBSTONE READS:

TWENTY - FOUR,

PRAISE THE LORD

"POLLY BLODGETT,

Ferguson

it is not lawful for thee to take

manifest

SUNDAY SCHOOL LESSON

January 24 JESUS THE GREAT PHYSICIAN PRINTED TEXT

John 5:2-17 GOLDEN TEXT. — Wouldest thou be made whole? John 5:6. Memory Verse: The Lord is my THE LESSON IN ITS SETTING Time. - The Passover, April A.D. 28.

Place.-The pool of Bethesda the sheep gate a pool, which is called in Hebrew Bethesda, hav-ing five porches. In these lay a cultitude of them that were sick. blind, halt, withered." When so many sufferers are brought tonore than when we meet them quately all the wretchedness, the nisery, the broken lives that form the result of sin among men. Those In Need

"And a certain man was there, who had been thirty and eight years in his infirmity. When lesus saw him lying, and knew in that case, he saith unto him, Wouldest thou be made whole? The sick man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me." Into this place, where only the helpless came, but never one trong and well to encourage them, to investigate their cases, to attempt to heal them of their ailments, where none of the great f Jerusalem ever entered - in He who had announced at the very threshold of His ministr the gospel to the poor; to hea liverance to the captives and recovering of sight to the blind, to set at liberty them that are bruised (Luke 4:18). Why our Lord centered His attention upon one man in the group rather than upon all the men, or some other man, we do not know. This is the way of God's dealings; some are chosen, some are not. One reason, no doubt, why our Lora focused His attention this day on



this man was because he was the

H A. Lee, who has been ap pointed general passenger agent for the Canadian Pacific Railway t Toronto, joined the company n 1913 at Boston, Mass.; serving with the United States navy from 1918 to 1919. After working in the United States for 27 years, he was made assistant general ne was made assistant general near passenger agent at Montreal in 1940. Mr. Lee will have jurisdiction over the Algoma district of the company as well as the Ontario district.

worst case of all those who were | walked. Now it was the sabbath there, and, if men were convinced He could deliver this man from his infirmity, they would know the Lord could save any man from whatever disease or affliction pos-The Lord never performed

healing miracles in the Gospels automatically. He could have laid His hand on this man without a word, lifted him up and sent him home. He did not choose to do so. He first asked him a ques-tion. Then He commanded him to do something, and then, later, He gave a warning. He does not want this man automatically healed of a physical deformity. He desires that there should be an act of faith, an exercise of will, a transformation morally and spiritually as well as physically. So he asks him a question, "Wouldest thou be made whole?" The man's answer showed that he was hopeless. It had become the established order of things with him that some one antici-pated him. He speaks of it as regularly happening — 'another steps down before me.' He has no friend - not one who would spare time to wait beside him and watch for the welling up of the

Meeting Our Needs "Jesus saith unto him, Arise, take up thy bed, and walk. And straightway the man was made whole, and took up his bed and

HUMMING BIRDS

ONCE WERE BELIEVED BY MANY PERSONS TO BE POISONOUS

OTTAWA, CAPITAL OF CANADA, IS ABO'JT THE SIZE OF CLEVELATIO, DENVER MILWAUKEE, SAIT LAKE CITY

ANSWER: Salt Lake City. . . . Approximately 150,000.

NEXT: Do Buffaloes have humped backs?

MY GIRL AND I DON'T

WELL, POP!

S. C. C.

POP-He Couldn't Go That Far

THIS CURIOUS WORLD

unto Thee, Take up thy bed, and walk? But he that was healed knew not who it was; for Jesus had conveyed himself away. multitude being in the place. Af-erward Jesus findeth him in the emple, and said unto him, Behold, thou art made whole, sin no more, lest a worse thing befall thee. The man went away, and thee. The man went wary, told the Jews that it was Jesus who had made him whole. And for this cause the Jews persecuted Jesus, because he did these things on the sabbath. But Jesus them My Father workanswered them, My Father work-eth even until now, and I work." Spiritual Soundness

the same said unto me, Take up thy bed, and walk. They asked him, Who is the man that said

The man's bearing of his bed was not a work by itself; it was merely the concluding act of his healing, that by which he should nake proof himself, and give testimony to others of its reality. It was lawful to heal on the Sabbath day; it was lawful then to do whatever was immediately in-volved in, and directly followed on, the healing. Our Lord is in-terested, first of all, in a man's inner life, then his physical wel-fare. Healing him of his bodily firmity, he wanted this man in ll the days to come to reveal a piritual soundness like to that of he soundness of the body which ad now been given to him. Final punishment for one who persists in sin is a worse thing than long years of weary miser-

Old-Time Winter A Tough Problem

But Folk Were Tough Too and Could "Take It"

The spell of below-zero weather and father's account at the ress. It tested the plumbing and the furnace. It made housekeeping an all-day chore but it served to This man, walking out with his bed, proved to all others who were emind the old folk of the Winpletely and instantly healed. In

homes were cooler than they are now. We had not come to the stage of specialized insulation nor had we yet departed from the Quebec heater and the wood box. We wore heavy underwear and now and then we slept in our socks and slipped a sweater on when we got out of bed to tend the stoves.

Our houses in those far-away ays showed wide differences in emperature. Peside the stoves i was as high as 89 or 90. Close to he walls it was down to 40. In sedrooms it may have been lower. Going to bed was an adventure comparable with Hudson's explortions in the Northwest Passage ight and the only warm thing in e house first thing in the morng. Winter came in about Decemper 15 and stayed until April 1. Yes, the old-fashioned Winte was a tough proposition. But so were the old-fashioned folk. They "take it" and they could take it." They came out in the store away wood and woollens for soft. Maybe we are older. Anyway

Marine "Fed Up" On Carrot Diet

Mahlon G. Kastick, aged 18, ate his way into the U. S. Marines, and is "fed up" on a vertain vegeable. Turned down when he tried o enlist because of color blindess. Kastick ate carrots for four months until he was able to pass ne visual test

LISTEN TO "COUNTRY NEWS" ms of Interest From Ontar Weekly Newspapers EACH SUNDAY AT 2 P.M.

CFRB-860 on your dial

FELLOW

YOU SHOULD HAVE

MUTUAL INTERESTS!

WHAT DOES

SHE LIKE

RADIO REPORTER BY

though the window unclosed? . . . Is it possion orange tree from seeds? . . . Many of you who have listened to a wise are interested in music . . in fact here are two "somethings." The first is the new Toronto Con-The first is the saw Toronto Con-servatory of Music programme heard every Sunday afternoon over CFRB, Toronto from 2.30 to 2.45. The objective of the programme is to help music students in their examinations by demonstrating and describing the bia radio series, "The Gate," heard Saturday 9.30 over CFRB Toront a period of 9 years by personality who calls his Old Dirt Dobber." It is demonstrating and described manner in which musical examination numbers should be interpreted. The programme is under the personal direction of Norman Wilks, Principal of the Toronto of Music, and time he will offer Dirt Dobber's based on the Conservatory of Music, and series in which pu should be of great assistance to music students the Province-wide. of the amateur

when the book is

The second is a special series of ten musical programmes for young folk commencing on Wednesday. January 20th, and continuing thereafter until March 24th, 3 p.m. over a CBC network, which includes CHML, Hamilton, CKTB includes CHML, Hamilton, CKTB St. Catharines, CFCO Chatham, CKLW Windsor nad CBY Toron-to. This special radio design of Music for Young Folk has been announced in response to an emergency call. War time restrictions of transportation have pre-vented the resumption of the regular winter series of Toronto Symphony Orchestra School Con-certs in Massey Hall, Toronto, but Sir Ernest McMillan and his associates interested in continuing these programmes, aske' that radio should undertake the happy task of bringing these periods of fine music not to Toronto youngsters alone, but to school children throughout the province. Six will be studio presentations with leading soloists and instrumental forms of music and describing the

types of instruments played.

There will no doubt be much of

interest also to adults, particu-

arly music teachers, in both of

HORIZONTAL

a burden of

180 tons. 14 Needle-

shaped.

Indiana. 17 Horse food.

20 Quoits' pin.

29 Homelike.

38 Small ox:

39 Knife wound,

41 Soft cap.

22 Bearing cirri. 50 To cure.

0 Evelomation 57 To peal.

26 To challenge, cat.

23 To card wool. 52 Pertaining to

1 Vessel which HI

the series of programmes prev War there were 6, . . . biles in the United Strint to play Should tomato vines be pruned? the present war . . Will houseplants bloom better

PIONEERS' BOAT

8 Genus of

By J. MILLAR WAT

58 It brought the ostriches.

colonists had 11 Public

, as always, the Salada is your guarantee of a lend of fine quality teas.

how you can obtain . which she considers a ffront, has collapsed the tile world of Mrs. Had-Recently such pro Vashington society matron unch Republican of the old fer daughter, Patricia, has Gergeant Michael Fitzpatdington, Vic George, Jimmie Shields, Fran r mother's wishes; has been shunted and Johnny Wayne the two service by Elliott Fuldest and closest friend of
mily and even her closest
Cecilia Talbot, has desertbe that the two war work,
adjey has just learned that
to become a grandmother
at Ted has won the Disted Service Cross when the
woops down upon her. "Mrs.
I'm from the Chronicle,"
e first reporter, naming the CFRB's announcer. is slated for the Air I early date. Also amore cent recruits is Fletch young Vancouver recent series "Ban attracted nationwi now an aircraftsn A.F. Markle turned ing offer from the n up, and soon will some of the Air For e first reporter, naming the which once belonged to her d but now is owned by Mr. s, a New Dealer, who repreverything in life Mrs. Had-"Comrades in A being heard on th Fridays at 10.15 Campbeil, remem Golden Voice of th pilot officer in the

mterview, you certainly porter said. asked Stella,

notarship=

ur Health

w and get a 40c GOLD MEDAL

good publicity," said the first reporter, coldly contemptuous. "I guess we'd better call it a day." "Wait a minute, please," Stella begged frantically. "I didn't know

"I didn't read it. Please believe me," Stella pleaded. "Of course she didn't," Mrs. Fitzpatrick insisted vehemently.
"haven't you got two eyes between the lot of you?"

There was an embarrassed sil-

Mrs. Fitzpatrick's statement. "I'm sorry," the Chronicle man said. "He was with your sonlooking for that machine gun nest. "Oh, how dreadful! Only the cther day Teddy wrote about him.
They—they were great friends." She pulled a bell cord on the wall.

"So Mrs. Winters told us."
Bennett entered. "Yes, Mrs. Hadley?" he inquired.
Stella turned to the butler. "You'll find a letter from Mr. Theodore on my night table.

Mrs. Hadley summoned her car immediately, he last reporter left.
"Drive me to the home of Mrs. Laura Winters," she instructed. Stella Mrs. Winters, Stella stood for a noment in the doorway, embarrassed — at a loss what to do. "I-I hope I'm not intruding," she said hesitantly.

"I'm glad you came. Please sit "I-I had a letter from my son," Stella explained nervously. "I brought it with me I-I thought

"I would, very much." Stella opened her bag, rummaged in it with trembling hands and brought out the letter. "'Tony Winters is in our Com-pany'," she read. "'I-I know

how you feel about his motherbut Tony's a real gent—beg par-don—gentleman.' That's a little joke we had," she explained.

"And we've become great friends," she continued. "In fact, knowing him has been the swellest thing that's happened to me in the

"I can't tell you how much this means to me," Mrs. Winters said gratefully. We should both be A chorus of "goodbyes" and very proud of our sons."

For a moment Stella looked at

Winters tenderly. "I've just had word they're giving Tony the Distinguished Service Cross. 100" open. Mrs. Fitzgaling inquished Service Cross, too."
"I'm so glad," said Stella wiping her eyes. "And so sorry - for so Elliott Fulton was waiting for

Mrs. Hadley when she returned to ess," he explained. "The Presi-

"He asked me to deliver this to you," Fulton said, handing her "Would you read it to me?"

Fulton put on his glasses and head: "My Dear Mrs. Hadley: I want to offer my congratulations on the valor shown by your son and on the award of the Distinguished Service Cross-wife Cross-wife and the Distinguished Service Cross-wife Cross-wif and on the award of the Distinguished Service Cross, which he has earned so heroically. I had the pleasure of knowing your husband, and though he opposed many of my policies, I always found him a fair opponent and a fearless fighter. I am glad he has handed down this heritage to his son. I know that every American must share with you in your justifiable. share with you in your justifiable Yours sincerely,

Franklin D. Roosevelt." in which his pet was staring, Stella stood transfixed, a glow always planes soon appeared. on her face. She held out her hand for the letter. Elliott handed it to her with a tender smile. Stella

ADELELODGE

read the letter in silence, cheri ing each word. Suddenly she to Elliott's hand and pressed it. "to think of his finding time write me - with all the thin he has to do. He must be a

markable man."
Stella — now Mrs. Elliot -- was garbed in a Red Cross u form some months later as sine issued some final instructions. Winters will be in charge, she cold the living room filled with women," "and I'm sure all of you are going to work just as hard as if I were here."

Mrs. Fitzpatrick, dressed in

travelling clothes and obviously very nervous, looked anxiously at her watch. "Stella, it's four "Not until Elliott gets here," "How long will you be gone

Mrs. Winters inquired.
"Probably not more than a week.
I'l fly back right after the baby

there, if we don't hurry," Mrs. Fitzpatrick fretted. "All right, Maggie," Stella agreed. "I just have to see Ben-nett a moment."

miringly as she left the room. "I'll bet she has the baby doing Civilian Defense work before he's laughingly. an hour old," one of them said

Mrs. Hadley stepped into the dining room, wher an air raid warden meeting was being presided over by Bennett — seated at the late Nathaneal Hadley's place. As Please bring it here." She turned to the reporters. "I-I'd like you to read parts of it—especially the part about Tony Winters," she said. went crashing to the floor. Ben nett turned in horror.

"It doesn't matter in the least," Stella said. "Millie will clean it Mrs. Fitzpatrick barged in. "Stella, we'll ne er make it," she

"He's probably held up in a co ference at the Department. Millie, you'd better call a taxi." "Where's your car?" Mrs. Fitzpatrick asked.

"Elliott and I decided to put if up for the duration on account of the tire shortage."
Fulton entered.

hop," urged Fulton. Stella hurried to the living room A chorus of "goodbyes" and "Best of lucks" answered her. "Those Japs and those Nazis

her, then started to sob quietly.

'Please don't cry," said Mrs.

hetter look out, now that Stella's in the war," Cecilic said feelingly

"Almost forgot to take my le

Navy Uses Dogs To Detect Planes

The following incident is reported to have occurred at one of the Kaiser shipyards on the West

Two Negro workers, fond of re-laxation, were surprised to find themselves dismissed from the

they reluctantly walked toward the gate.
"Well, we sure are defrosted

ISSUE No. 4-43

Paris Housewives

10 a.m.-To the tripe shop. My number, 32, will come up at 4

6 p.m.—Finished shopping for day. Results: Some bread, one sausage, one lettuce head. "It'li be born before we ge

Twenty-five thousand children

"Gosh," exclaimed the man in horror, "I—i ve broken your cup!"

complained. "Where's that husband of yours?"

"Thank heaven!" exclaimed Mrs. Fitzpatrick. "Never mind the taxi, Millie." Mrs. Hadley instructed the maid Fulton kissed his wife. "Sorry I'm late," he apologized.
"I'm sure you couldn't help it," Stella said, "Oh, before I forget it, this man tried to sell one of the girls four new tires. I want you to turn his name into the proper authorities."

"All right, dear, we'd better

from the President," she said breathlessly as she rushed out to a renewed chorus of goodbyes. THE END.

record in the North Sea as detectors of aircraft. Commanding officers of warships escorting convoys found that dog mascots, after a few air attacks, sense the approach of planes before the noise of the engines is within the range of human hearing. The dogs, all more grels, stiffen and "point" towards the sound. The commanding of ficer of one armed trawler told London interviewer that after he had witnessed this three times he trained his guns in the direction in which his pet was staring, and

shipyard.
"Ah thought we were frozen on this heah job," grumbled one as

now," answered the other gloom-ily.

Find Little To Buy

time-table of a day's shopping by Paris housewife:
7.30 a.m.—To the baker's. Bought bread. There we some rusks at 11 o'clock. butcher says it will not be distri-buted before Saturday. 9.30 a.m .- to the dairy. They

16.30 a.m. - To the grocer's.

There will be some vegetables at 11 a.m.—Back to the baker's. No rusks for my number, 32. 4 p.m.—To the tripe shop. One small chitterling sausage.

5 p.m.—To the dairy. The

cheese arrived there early. There is none left. 5.30 p.m.—To the grocer's. No vegetables. One lettuce head.

Wartime Nurseries Relieve Mothers

are being cared for in 644 war-time nurseries in Great Britain, 70 of them in London, and 700 more nurseries will soon be opened.

Mothers of young children are not high-pressured into industry. but many want to work, partly because they are eager to help defeat the Germans, and partly because—notably in the case of the wives of soldiers—they find it hard to live on their allowances.

For about 20 cents a day the tots are cared for by skilled nurses and teachers. They are well fed and receive medical attention. The

India Increases Food Production

India now produces canned

cheese, compressed vegetables, de-hydrated potatoes, essence of chicken, dried fruit and other processed foods to add variety to the diet of the soldiers stationed there, it is disclosed in New Delhi.

About 4,000 tons of dried fruit and 300 to 400 tons of canned cheese will be supplied. Production has been stepped up to 23,000 tons of dehydrated potatoes. India can meet a demand for 60,000 rennet tablets a year, 1,000 tons of compressed vegetables, besides 2,500 tons of margarine. and 5,000 tons of "golden syrup"
—a new industry replacing the

imported article. A SMART, NEAT APRON



By Anne Adams Every homemaker needs this unusually well-fitting, apron style. It's Pattern 4246 by Anne Adams, and has long, smooth bodice lines and a choice of scalloped or straight straps. Gay touches of contrast are optional.
Pattern 4246 is available in

sizes small (32-34), medium (36-38), large (40-42). Small size. view A, takes 1% yards 35-inch; view B, 1½ yards 35-inch; % yard contrast.

Send twenty cents (20c) in

coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adelaide St. West, Toronto. Write plainly size, name, address and style number.

work like cathartics. It takes time any more. KELLOGG'S ALLGet ALL-BRAN at your grocer's,
it is certainly the Better in two convenient size packages, or ask for the individual serving pack-Why don't you buy KELI OGG'S age at resteurants. M
ALL-BRAN? Try ALL-BRAN'S Kellogg's in London, Car

give the most bone building mater

have as rich a flavor as whole

some to do without this fat and it

does supply the food material for building teeth and bones. This can

be used with a great saving on

your child.

When buying cheese to supple-

ment the milk diet, cottage cr plain Canadian Cheddar are the

chase.
Today Mrs. Economy and Mrs.

Extravagance each spent about 50 cents on milk and cheese. Here

Mrs. Extravagance

1 can evaporated milk08

amount of food to eat Mrs. Econ-omy obtained 1½ times the am-

a little milk each day there will

seldom be any trouble in getting "Johnny" and "Mary" to drink

Mrs. Economy
2 cans evaporated milk
2 quarts milk

1/2 lb. cheese ..

. Skim milk should not be given

al for the money. Skimmed milk

Lake-Built Sub On Way To Sea

First Undersea Craft Ever Built On Great Lakes

marine ever built on the Great Lakes, has begun its long voyage Headquarters of the 9th Navil District announced that the big

undersea boat, more than 300 feet long, had entered the Plinois waterway on her way to join the United it is especially valuable in the low States fleet.

She will not be ready for action, however, until she has undergone extensive fitting out at New Or-

omize, the children should be en-couraged to have milk drinks instead of "pop." Soft drinks should never be allowed to replace milk in the child's diet. They do not contain the material so necessary for the good health and growth of

hard to live on the control of the For about 20 cents a day the tots are cared for by skilled nurses and teachers. They are well fed and receive medical attention. The 20 cents does not pay for all care, the balance of expense being borne by the Government.

In the water at more on the ways.

For reasons of security, news of the Peto's departure was withheld until she had passed safely through the Chicago River and was on her way to Lockport, fil. There she will be eased into a great box. will be eased into a great box, a sort of floating drydock, for her trip down the Illinois River and

the Mississippi.
All tests for the Peto, including dives, were conducted in Lake Michigan, with compensation being made for the fact that fresh vater is not as bouyant as salt

TABLE TALKS

SADIE B. CHAMBERS

MILK AND NUTRITION and the health of Canadians-and gently asked to take a very deep interest in what you are eating 134 times the material for

to eat.

The following is taken from the building good blood. literature supplied by the nutri-tional Supervisor of the Canadian

Red Cross. ant foods because it furnishes the material which is necessary for good bones and teeth, and it also helps to safeguard the general health Canadian doctors in the pamphlet "Food for Health in Peace and War" advise us that every child should have at least 1½ pints of milk each day and each adult at least 1/2 pint. Does your family have this much milk? If you are not using that amount start today to plan for more milk in your menus if you wish to have your children grow into strong, healthy adults.

Cheese also is another form of milk which contains in large quantities material for the muscles. Cheese also has a pleasing flavor which makes it valuable for com-bining with other foods such as macaroni and rice. When served with these it helps to take the place of meat. One pound of cheese is equal to approximately 3 quarts of milk.

There are many forms of milk on the market today. Here are some of them-Whole milk, skim milk, powdered milk, Chocolate milk, Homogenized milk. | 11 Jordan Street, Toront When you are buying milk it is

Part Time Opportunity For Intelligent Married Women verage intelligence residing i nall towns or rural dist are wanted for two or three days a month helping conduct surveys of public opinion on

selling. For complete details CANADIAN FACTS.

stening habits and largest anada's oldest and largest



