

SUNDAY SCHOOL LESSON

Lesson IX., November 26, 1916. A Living Sacrifice.—Romans 12. —21.

Commentary.—I. Entire consecration (vs. 1, 2). I beseech you.—Paul is intensely concerned for the spiritual welfare of the Romans. He feels for them and uses strong entreaty in urging them to take a course that he is thoroughly convinced is right. Therefore—the great doctrine of justification and sanctification by faith has been established. Upon this truth as a basis the apostle urged those to whom he wrote to meet the conditions necessary to the attainment of full salvation. By the mercies of God.—The abounding mercy of God was shown in the plan of human redemption. Since God has shown such mercy toward fallen humanity, men ought to consecrate themselves wholly and freely to him. That we present.—As the priests presented sacrifices to God in fulfillment of the Mosaic law, so we are called upon to present our offering to the Lord. Your bodies.—The body is the agency through which the spiritual nature operates, and the apostle's exhortation is to the effect that every power and faculty of the being victim was wholly presented in sacrifice to God, so our entire being is to be dedicated to him. A living sacrifice.—The animals devoted to be sacrificed were deprived of life. They were dead before they were dead before they were burned or otherwise disposed of as Christians are wholly devoted to God as sacrifices while we are living. Our powers of soul and mind and body are to belong to Him and to be employed in His service. Holy.—The sacrifice required by the Mosaic law must be without blemish and must be set apart for sacred use, so the Christian must be wholly consecrated to God and must be made pure in heart through the merits of the atonement. Accceptable.—God is pleased with a whole-hearted devotion to Him. Such a sacrifice is acceptable to Him. Your reasonable service.—The service is not external merely, but is essentially spiritual and hearty. It is also reasonable that we should render to God all our service and that service at its best.

2. Be not conformed to this world.—Be not fashioned according to this world.—R. V. By the world is meant the spirit and customs of the age that leave out of consideration the claims of God. The world is selfish, proud, sensual, irritable, deceitful, stubborn. The Christian has no right to excuse to be "fashioned according to this world," for the spirit of the world is opposed to the spirit of Christianity. Be ye transformed.—The word conformed has reference more to the external than to the internal, yet both ideas are involved; but the word transformed here indicates an inward change. The affections, desires, motives and ambitions are changed. By the renewing of your mind.—The mind is not here simply the intellectual faculties, but the will, and that disposition from which all grows.—Abbot. That we may prove.—No one can properly prove, test or enter into an understanding of the will of God unless he has become renewed by grace that he now, by a holy instinct, can discern, in conflicting cases, the will of God from the will of self or of the world. And on this perception he is to act.—Cam. Bib. He proves the excellence of the divine will by its very nature is good, springing as it does from Him who is infinite in goodness. Acceptable.—God's will is acceptable to those who are "transformed by the renewing" of their minds. They gain a realization of the wisdom, goodness and love of God in the requirements which He makes up of us. Perfect.—God's will for us is perfectly adapted to our needs, to our capacity and to our highest happiness. It is absolutely impossible for us to make any improvements upon God's will.

III. Diversity of gifts (vs. 3-8). 3. For I say—Paul speaks with the authority of an apostle. He is about to enlarge upon the results or accompaniments of full consecration to God. Through the grace given unto me.—What he says is not by his own authority, but is given to him by the Lord, as an inspired apostle. To every man.—The exhortations and instructions which he gives are needed by all; hence they are spoken not only to the Romans, but also to all men. Not to think of himself more highly.—The apostle gives clear and emphatic warning against self-exaltation, which is productive of much harm to the one who is guilty of thinking too highly of himself, and it is also harmful to the work of God. But to think soberly.—The special direction to be taken by this sober thinking was the recognition by each Christian of the limits of his own gifts, the reality of the gifts of others, and the position of the individual as only a part of the great community.—Cam. Bib. We should not belittle ourselves on the one hand nor should we esteem ourselves too highly on the other.—The measure of faith.—As God through His mercy has brought salvation to us as individuals, and we have received His grace and have experience and varying ability in the work of God, so we are to honor Him by sober thinking and a readiness to do the particular work to which he calls us. 4. For as we have many members in one body.—A clear and impressive illustration is introduced to show the relation of individual Christians to God and to one another. Each member of the body has its own function, and when each does its part, there result health and strength. 5. One body in Christ.—Christians have severally their distinctive qualities and ability to labor, but each one is a member of Christ's body and all are mutually related. The course which one member pursues has a bearing upon all the other members of Christ's body.

body of which they are members. According to grace that is given—God has given grace and ability to all, but the special gifts are bestowed according to His will. The prophecy—This word is used to include either the foretelling of future events or the utterance of divine truth. "Every true preacher is in a true sense a prophet." The New Testament prophet blended and exercised by turn, as grace was given him, these various gifts.—Whedon. According to the proportion of faith—Every prophet is exhorted to exercise his gift according to the measure of grace and light that come to him through faith in Christ. He is not to assume to speak from his own authority or impulse, but as God directs him. 7. Ministry.—This includes the secular and manual service connected with the church and pertains to what we speak of as the business side. He that teacheth.—Teachers are a class of workers in the church whose duty it is to explain and impress the divine truth.—To some is given one should be a successful teacher. He must put his whole soul into his work. 8. He that exhorteth.—The word has in it the thought of comfort together with that of encouragement as well as exhortation. He that giveth.—By noting the various gifts which are here enumerated we see that every member of the body of Christ has the ability bestowed upon him to do something in the church. Every one should be a giver, but God has endowed some with a special gift to acquire property and distribute it to others. With simplicity.—With no selfish or unworthy motive. He that ruleth.—Let those who are given places of authority in the church exercise the authority faithfully for the good of the cause. He that showeth mercy, with cheerfulness.—To some is entrusted the special gift of relieving those who are in various kinds of distress. Such persons are exhorted to use the gift with gladness, to bring cheer to others.

III. Attitude toward others (vs. 9-21). The apostle proceeds to give some practical hints, the principles that pertain to the Christian life. Love is the basis of right practice. Love accords to every person his rights and desires even more than is ordinarily regarded as giving to others their rights. Love leads its possessor to be kind to those who are unkind to him. It is the Christian's duty to refrain from avenging himself. His practice must be uniformly kind and helpful to others. He must be peaceable and always considerate. Even his enemies have claims upon him. He owes them kindness and helpfulness. He will be going in the direction of winning his enemy if he shows him love and charity. Questions.—Who wrote this epistle? What great fundamental duty is laid down? How can one's body be a living sacrifice? What is meant by being transformed? Why should we consecrate ourselves to God? What opinion ought one to have of himself? What various gifts are mentioned in the lesson? How should these gifts be employed? What gifts are entrusted to us?

PRACTICAL SURVEY. Topic.—Christian consecration. I. Entire in its devotion to God. II. Fervent in fellowship with men. III. Faithful in personal discipline. I. Entire in its devotion to God. This chapter breathes the spirit of the Sermon on the Mount. It is rich and benign in practical exhortation. Devotion, fellowship and discipline are its characteristic features. In presenting the general and comprehensive principle of practical Christianity as a spiritual renewal, beginning with the centre and spring of man's being, Paul adopted a manner of gentle and affectionate persuasion toward the Romans. He declared that the presentation to God of themselves was the one great act in which all specific acts of obedience were summed up and involved. His language implied that compliance with his admonition was not an optional or indifferent matter. He regarded justification as an initial step which must be followed by a "going on to know the Lord." Since they only who had obtained mercy could present a living sacrifice, Paul embodied the whole of Christian life in that one master word sacrifice. Human character and life is treated as something to be formed and fashioned by the personal will under the Spirit of God, the mightiest of all powers to transform. The foundation of all transformation of character and conduct is shown to be laid down in a renewed mind, from which the inward life shapes itself to outward conduct, where inward consecration is manifested by outward sacrifice, the sacrifice of the whole man in the dedication of himself to God, thus including the activities and energies of the body, soul and spirit. By "the world" is meant everything in it which is antagonistic to the truth or the life of God in the soul of man.—It is fallen humanity acting out itself in the human family, moulding and fashioning the framework of society in accordance with its own tendencies. Christianity addresses itself to man as he is, a citizen of the world, having work in the world to do. Instead of unfitting a man for a place in the world, transformation enables him to live in it, appreciate the worth of it and exercise an influence over it. II. Fervent in fellowship with men. Paul explained how consecration must be manifested in actual life, and how the will of God might be practically proved, and how the purposes of divine grace are fulfilled when each bears his brother's burden and joins his brother's song. Paul put upon record the necessary and qualifications he deemed necessary to every Christian life. He specified several forms of ministry as of peculiar interest and value. He specified the manner of life which should be displayed among Christians and in their association with the Christian world. Foremost among his exhortations was the requirement of brotherly love and kindness. These involve all virtue and form the compendium of the moral law. He showed that the mission of Christianity is to enter into and take possession of man's spiritual nature, control and govern his life and shape his social relations. Paul mentioned six features which should characterize the dealings of Christians with others—sincerity, discrimination, generosity, sympathy, humility and peaceableness. He comprehensively surveyed the whole range of human action and conduct. He laid down the Christian principles of civil government and obedience in a picture of life in its length and breadth and in its lights and shadows. Great importance is attached to the exercise of man's faculties. In elevating him Christianity elevates his employment. It is a gospel of renewal. It is a system of doctrines and duties. III. Faithful in personal discipline. The will of God is perfect, admitting of no amendment, no censure, no improvement. To attain to it is to reach a moral height, above which nothing towers. Paul described the practical diligence which he taught should characterize and distinguish all Christian service. He enumerated duties which the Christian owes to himself, diligence, fervency, piety, hope, joy, patience and perseverance. He must be ever on the watch against sin, yet never disheartened by its power, distrustful of self, but never of God. His religion must not consist merely in abstaining, avoiding and abhorring, but in being, doing and delighting. Christian sacrifice does not consist in a solitary act. It becomes the prevailing habit of life. Consecration may be an act of a moment, but the carrying out of the vow is the work of a lifetime. T. R. A.

Lemon and salt is a good remedy for chilblains. Cut the lemon and sprinkle fine salt over it and rub the feet with it. This would be a much better sort of world if the average man should accomplish half the things he intends to do.

Why? Shouldn't you? enjoy, in your own home, as smooth, clean and comfortable a shave as the city man, or as anyone else in this broad Dominion? Why shouldn't you own and use the keenest, speediest, most convenient shaving tool in the world—the Gillette Safety Razor. The thin Gillette Blades, electrically hardened, honed with diamond dust, stropped in wonderful automatic machines, carry an edge whose uniform, lasting keenness has never been matched. The curved Gillette head holds them rigid—guarded—adjustable by a turn of the handle for a light or close shave. With the Gillette there's no need for honing, stropping, or careful working round the chin or angle of the jaw! There are no preliminaries—the razor is ready for business—you just pick it up and shave, with the easy angle stroke, in five minutes or less. The Gillette "Bulldog," "Aristocrat" and Standard Sets cost \$5—Pocket Editions \$5 and \$6—Combination Sets \$6.50 up. At Hardware, Drug, Men's Wear and Jewelry stores. 220 Gillette Safety Razor Co. of Canada, Limited Office and Factory: GILLETTE BUILDING, MONTREAL.

FARM GARDEN MOTOR TRUCKS AND THE FARM. This is an era of facilities. Man has accomplished wonderful things in many ways, but none of more importance than the conveniences he has supplied the farmer. Originally the automobile was a luxury, today it is a vehicle of necessity. The tractors followed, and now the auto truck. A one-ton truck is capable of covering 18 miles in an hour, while with a horse and wagon it is good work to travel four miles in that time. Even a five-ton truck will get over 10 miles in the same time. Arguments in favor of the auto truck for the farmer are (1) that there is no "baggage smashing," the goods are not re-handled while en route, and, in consequence, arrive at destination in a better condition. The bumps incident to shifting cars on a railroad frequently causes considerable damage. (2) By auto truck goods can be delivered to the door at destination, so fully guarantees delivery in a better condition, but the cost of extra labor is saved, quite an expense in itself. (3) With auto truck there need be no extra handling and cartage, as is the case when sending by freight. This avoidance of frequent handling not only saves time for starting, thus avoiding a dash in packing, which is often accompanied by carelessness. The railroad train must leave at a fixed time. With the auto truck a little delay will not inconvenience anyone. Rural competition is increasing, and ways and means for increasing the speed and decreasing the cost of delivery are becoming popular among the orchards, market gardens and poultry farms. The motor car enables its owner to rise later in the morning and yet get to market at the customary time. He is able to gather his tender fruit in the cool of the day and place it in market, or the shipping point, the same afternoon. It moves him closer to the customary market and places him within easy striking distance of other markets. As now built, the motor truck is capable of traveling over all kinds of roads, and in all kinds of weather, and will overcome any hill. It has become an all-year proposition and relieves the tortures of slow and tiresome delivery. The products are carried more safely and arrive in better condition than when handled in a market wagon.

A FRIGHTFUL DEATH SUFFOCATED IN ASTHMA ATTACK. Every sufferer from Asthma knows the terror, the abject fear, that overtakes them when struggling for breath. The old-fashioned remedies may relieve, but never cure. Best results come from CATARRHOZONE, which cures Asthma after hope is abandoned. It's because Catarrhozone kills the Asthma germ that it cures. Choking spells and labored breathing are relieved, suffocating sensations and loss of breath are cured. Every trace of Asthma is driven from the system, and even old chronic experiences immediate relief and lasting cure. Equally good for Bronchitis, Throat Trouble and Catarrh. The large one dollar outfit includes the inhaler and lasts two months. Sold by all dealers or from The Catarrhozone Company, Kingston, Canada.

A TALK ON RHEUMATISM. Telling How to Actually Cure This Common and Painful Comed. This article is for the man or woman who suffers from rheumatism who wants to be cured, not merely relieved—but actually cured. The most the rheumatic sufferer can hope for is rubbing something on the tender, aching joint, is a little relief. No lotion or liniment ever did or can make a cure. The rheumatic poison is rooted in the blood. Therefore rheumatism can only be cured when this poisonous acid is driven out of the blood. Any doctor will tell you this is true. If you want something that will go right to the root of the trouble in the blood take Dr. Williams' Pink Pills. They make new, rich blood, which drives out the poisonous acid and cures rheumatism to stay cured. The truth of these statements has been proved in thousands of cases throughout Canada, and the following cure is a striking instance. Mr. Henry Smith, St. Jerome, Que., says: "For upwards of a year I was a victim of rheumatism in a most painful form. The trouble was located in my legs and for a long time I was so bad that I could not walk. The sufferings which I endured can only be imagined by those who have been similarly afflicted. Doctors' treatments did not help me and then I began trying other remedies, but with no better results. Finally I was advised to try Dr. Williams' Pink Pills, and although I had gone to lose faith in medicine, I finally decided to give the pills a trial. I am very grateful now that I did so, and after taking eight boxes of the pills the trouble completely disappeared. I walk as well as ever I did in my life. I have since taken the pills occasionally as a precautionary measure, and I cannot speak too highly in their favor." Dr. Williams' Pink Pills cure all the troubles due to weak, watery blood or broken down nerves. You can get these pills through any dealer in medicine, or by mail postpaid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

MARKET REPORTS TORONTO MARKETS. FARMERS' MARKET. Dairy Produce—Butter, clovered canny ... \$0.36 9/3 Eggs, new-laid doz. ... 0.45 9/4 Live Poultry—Turkeys, lb. ... 0.18 0/2 Do, Spring ... 0.11 0/1 Fowl, lb. ... 0.11 0/1 Geese, Spring ... 0.12 0/1 Ducks, lb. ... 0.11 0/1 Spring chickens, lb. ... 0.17 0/1 Dressed Poultry—Turkeys, lb. ... 0.20 0/3 Do, Spring ... 0.25 0/2 Fowl, lb. ... 0.16 0/1 Geese, Spring ... 0.15 0/1 Ducks, lb. ... 0.15 0/1 Spring chickens, lb. ... 0.17 0/2 Squabs, per doz. ... 3.50 0/0 Fruits—Pears, bkt. ... 0.40 0/0 Apples, per bbl. ... 3.00 6/0 Snow apples, 11-qt. bkt. ... 0.40 0/0 Crab apples, 11-qt. bkt. ... 0.40 0/0 Vegetables—Beets, per bush. ... 6.00 0/7 Carrots, per bush. ... 6.00 0/7 Turnips, per bush. ... 6.00 0/5 Parsnips, per bush. ... 6.00 0/5 Onions, per 75-lb. bag. ... 3.00 3/3 Cabbage, per doz. ... 0.60 0/9 Potatoes, per 80-lb. bag. ... 0.60 0/9 MEATS—WHOLESALE. Beef, forequarters, cwt. ... \$10.00 \$11.00 Do, hindquarters ... 11.00 13.00 C. cases, choice ... 11.50 12.50 Do, common ... 11.50 12.50 Veal, common, cwt. ... 5.50 10.50 Do, medium ... 11.50 12.50 Do, prime ... 11.50 12.50 Heavy hogs ... 11.50 12.50 Shop hogs ... 14.50 15.00 Austin hogs ... 14.50 15.00 Mutton, heavy ... 10.00 12.00 Do, light ... 14.00 15.00 Lamb, Spring lb. ... 14.00 15.00 Venison, lb. ... 0.11 0.11 SUGAR MARKET. Wholesalers quote on Canadian refined sugar, Toronto delivery, as follows: Royal Acadia, granulated ... 100 lbs. 7.28 Lantic, granulated ... 100 lbs. 7.28 Republic, granulated ... 100 lbs. 7.28 St. Lawrence, granulated ... 100 lbs. 7.28 Dominion, granulated ... 100 lbs. 7.28 St. Lawrence, Beaver ... 100 lbs. 7.28 Lantic, Blue Star ... 100 lbs. 7.28 No. 1 yellow ... 100 lbs. 7.28 Dark yellow ... 100 lbs. 7.28 10-lb. bags, 50 over granulated bags. 7.30 20-lb. bags, 50 over granulated bags. 7.30 Two and five-pound cartons, 30c over granulated bags. LIVE STOCK. Trade was less active, but prices were firm. Short cattle, choice ... 7.90 8.40 Butcher cattle, choice ... 6.40 6.90 Do, medium ... 6.40 6.90 Do, common ... 5.00 5.50 Butcher cows, choice ... 6.40 6.90 Butcher cows, medium ... 5.50 6.00 Do, bulls ... 5.00 5.50 Feeding steers ... 6.00 6.50 Stockers ... 5.50 6.00 Do, light ... 5.50 6.00 Milk, choice, each ... 59.00 110.00 Sheep, ewes ... 50.00 110.00 Bucks and culls ... 6.50 8.00 Hogs, fed and watered ... 10.75 11.00 Calves ... 6.00 11.25 OTHER MARKETS. WHEAT AND GRAIN EXCHANGE. Wheat—Open. High. Low. Close. Nov. ... 1.95 1.95 1.95 1.95 Dec. ... 1.92 1.92 1.92 1.92 May ... 1.95 1.95 1.95 1.95 Oats—Nov. ... 0.65 0.65 0.65 0.65 Dec. ... 0.62 0.62 0.62 0.62 May ... 0.65 0.65 0.65 0.65 Flax—Nov. ... 2.25 2.25 2.25 2.25 Dec. ... 2.25 2.25 2.25 2.25 May ... 2.25 2.25 2.25 2.25 DULUTH GRAIN MARKET. Duluth—Wheat—No. 1 hard, \$2.00; No. 1 Northern, \$1.95; No. 2 Northern, \$1.84 to \$1.94. Linted—Cash, on trade, \$2.35; November, \$2.30; December, \$2.25; May, \$2.35. LIVERPOOL MARKETS. Wheat, spot steady. No. 1 Manitoba—2 1/2-3 1/2. No. 2 Manitoba—1 1/2-2 1/2. No. 3 Manitoba—1 1/2-2 1/2. No. 4 Manitoba—1 1/2-2 1/2. No. 5 Manitoba—1 1/2-2 1/2. No. 6 Manitoba—1 1/2-2 1/2. No. 7 Manitoba—1 1/2-2 1/2. No. 8 Manitoba—1 1/2-2 1/2. No. 9 Manitoba—1 1/2-2 1/2. No. 10 Manitoba—1 1/2-2 1/2. No. 11 Manitoba—1 1/2-2 1/2. No. 12 Manitoba—1 1/2-2 1/2. No. 13 Manitoba—1 1/2-2 1/2. No. 14 Manitoba—1 1/2-2 1/2. No. 15 Manitoba—1 1/2-2 1/2. No. 16 Manitoba—1 1/2-2 1/2. No. 17 Manitoba—1 1/2-2 1/2. No. 18 Manitoba—1 1/2-2 1/2. No. 19 Manitoba—1 1/2-2 1/2. No. 20 Manitoba—1 1/2-2 1/2. No. 21 Manitoba—1 1/2-2 1/2. No. 22 Manitoba—1 1/2-2 1/2. No. 23 Manitoba—1 1/2-2 1/2. No. 24 Manitoba—1 1/2-2 1/2. No. 25 Manitoba—1 1/2-2 1/2. No. 26 Manitoba—1 1/2-2 1/2. No. 27 Manitoba—1 1/2-2 1/2. No. 28 Manitoba—1 1/2-2 1/2. No. 29 Manitoba—1 1/2-2 1/2. No. 30 Manitoba—1 1/2-2 1/2. 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No. 99 Manitoba—1 1/2-2 1/2. No. 100 Manitoba—1 1/2-2 1/2.

BETTER THAN SPANKING. Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write you today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night. Shooting a White Chamois. A stuffed and mounted white chamois buck that rests in the court museum at Vienna is directly connected through tragic superstition with the beginning of the great European war. A white chamois—which is really not so snowy as the word implies—loses much of a rarity that throughout the Austrian Alpine region superstition attaches to the slaying of it. Whoever kills such an albino, says the huntsmen and mountaineers, dies within the next twelve months. This particular chamois was shot on Aug. 28, 1915, by the Archduke Francis Ferdinand, accompanied by his wife, near Bluebach, in the Salisburg Alps. When the game was lying at her feet, the professional hunter, kneeling over it and calling attention to the whitish tint of the fleece, told the heir to the Austrian throne of the current belief. But Francis Ferdinand later exactly he was murdered at Sarajevo. "Mr. Sorrel proposed to me last night, mother." "And you accepted him, I hope." "No, mother. I could never love a man with red hair." "But, my dear girl, you should consider the fact that he has very little of it."—Chicago Herald.

Thorough mixing is what makes cake delicate and tender. Lantic Sugar makes the best cake because it creams quickly and thoroughly with the butter which is the hardest part of the mixing. Its purity and extra "fine" granulation make it dissolve at once. 2 and 5-lb. Cartons 10 and 20-lb. Bags "The All-Purpose Sugar"