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SUNDAY SCHOOL LESSON

Lesson II. July 13, 1919. Matthew 28: 18-20; Acts 8: 34-40. Commentary.—I. The apostles' commission (Matt. 28: 18-20). 18. Jesus Came—After the resurrection of Jesus he went to Galilee, according to his promise, and met the eleven disciples...

ing his baptism the heavens opened and the Spirit in the form of a dove descended upon him. In addition to this token there was a voice from heaven that said to Jesus, "Thou art my beloved Son, in whom I am well pleased." III. Philip Baptizing (Acts 8: 26-40). 26-33. Consideration has been given thus far in this lesson to the baptism which was performed by John the Baptist, and to the command that Jesus gave to his apostles touching their mission to the nations to teach and to baptize...

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Worth Remembering. When you soak your clothes, put in half a cupful of ammonia and it will readily loosen the dirt. Salt is good for gargling the throat and bathing the eyes, but the solution should not be made too strong. To harden the gums and sweeten the breath, rinse the mouth out with tincture of myrrh twice each day. Teaspoonful to a glass of water. Patches sewed on the sewing machine are smoother and look better when repairing underwear. A cloth wrung out of salt water will clean and brighten a rug. Bitter apple powder is said to keep away moths. Make little bags of it and pack in clothing. Wash baby flannels in warm, not hot water, using a good white soap and adding a teaspoonful of glycerine to the water. Wring by hand and shake well before hanging up to dry.

Drives Asthma Like Magic. The immediate help from Dr. J. D. Kellogg's Asthma Remedy seems like magic. Nevertheless it is only a natural remedy used in a natural way. The smoke or vapor, reaching the most remote passage of the affected tubes, brushes aside the trouble and opens a way for fresh air to enter. It is sold by dealers throughout the land. The period of old age is commonly regarded with a sort of solemn pity, not unmixed with contempt. For this the conduct of the old affords a certain basis of justification. But in itself there is little in old age that is either pitiable or contemptible. There is a mode of life and an attitude of mind appropriate to it, just as there is an attitude of mind and a mode of life appropriate to youth. Youth becomes ridiculous and a little contemptible when it ape the habits and mental attitude of the old, and in like manner—and no other—does age appear silly when it affects the ways and outlook of youth. There is a just balance in the truly healthy individual between his physical and mental activity, and the maintenance of that balance should be ever borne in mind. Creative and experimental energy which is so usual in healthy youth is normally replaced by reflective and contemplative activity in healthy age. And this latter form of activity calling together less physical basis in the form of food; physical energy and physical metabolism. There are exceptions, but it is a general rule that those who retain the greatest degree of physical and mental power in old age are they who have adapted their habits to this lessening need. Regularity, simplicity and moderation in matters of food and drink are the golden rules for age. Moderation, too, in such matters as sleep, rest and exercise; moderation in mental activity and mental rest, apathy—physical or mental—does not conduce to real health in age or youth; but, on the other hand, especially in age, excitement and overstrain are equally harmful. By bearing this in mind, our only reasonable hope that if our constitution allows us to reach old age, we may, in Dr. Humphrey's words, arrive there in good possession of our mental faculties, taking a keen interest in passing events, forming a clear judgment upon them, and full of thought for the present and future welfare of others. It

Chats with the Doctor

OLD AGE. The period of old age is commonly regarded with a sort of solemn pity, not unmixed with contempt. For this the conduct of the old affords a certain basis of justification. But in itself there is little in old age that is either pitiable or contemptible. There is a mode of life and an attitude of mind appropriate to it, just as there is an attitude of mind and a mode of life appropriate to youth. Youth becomes ridiculous and a little contemptible when it ape the habits and mental attitude of the old, and in like manner—and no other—does age appear silly when it affects the ways and outlook of youth. There is a just balance in the truly healthy individual between his physical and mental activity, and the maintenance of that balance should be ever borne in mind. Creative and experimental energy which is so usual in healthy youth is normally replaced by reflective and contemplative activity in healthy age. And this latter form of activity calling together less physical basis in the form of food; physical energy and physical metabolism. There are exceptions, but it is a general rule that those who retain the greatest degree of physical and mental power in old age are they who have adapted their habits to this lessening need. Regularity, simplicity and moderation in matters of food and drink are the golden rules for age. Moderation, too, in such matters as sleep, rest and exercise; moderation in mental activity and mental rest, apathy—physical or mental—does not conduce to real health in age or youth; but, on the other hand, especially in age, excitement and overstrain are equally harmful. By bearing this in mind, our only reasonable hope that if our constitution allows us to reach old age, we may, in Dr. Humphrey's words, arrive there in good possession of our mental faculties, taking a keen interest in passing events, forming a clear judgment upon them, and full of thought for the present and future welfare of others. It

is satisfactory to find that the active, even cerebral and long-continued, functional activity of the matured brain seems in no way to impair its enduring qualities, and that good earnest useful employment both of body and mind are not only compatible with, but conducive to, longevity. THROWING OFF AN ILLNESS. Some people are very fond of advising their friends and neighbors, when stricken with illness, not to "give way to it," but to "throw it off." Is this advice good or bad? Much depends on the nature of the illness, which is to be treated thus cavalierly; much on the interpretation of the letter of the advice. If the disease is such a one as influenza or pneumonia, and if by "throwing it off" is meant disregarding its warning symptoms and insisting on walking about or working as though one were well, then it is impossible to imagine worse advice than this. The nervous system might become very refreshing, and with persistent treatment and a good diet the patient is once more enabled to enjoy life. The case of Mr. W. Doxater, R. R. No. 4 Tillsonburg, Ont., illustrates the great value of Dr. Williams' Pink Pills in cases of this kind. Mr. Doxater says: "I was troubled with pains throughout my whole body, was extremely nervous, did not sleep at night, and was further afflicted with rheumatism. In spite of different treatments this condition persisted, indeed I was growing worse and had fallen away in weight to 120 pounds and was scarcely able to do any work. Then I began taking Dr. Williams' Pink Pills, and after a few weeks there was a noticeable improvement in my condition. I continued taking the pills, constantly gaining until I felt as well as ever I did. While taking the pills, my weight increased to 170 pounds, and I can now do as good a day's work as anyone. My advice if you are not feeling well is to take Dr. Williams' Pink Pills and they will soon put you right."

At the first sign that the blood is out of order take Dr. Williams' Pink Pills, and note the speedy improvement they make in the appetite, health and spirits. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont. Creatures of Habit. The Olean (N. Y.) Times headlines it this way: "Twins Born Seven Times in One Street." The news fills us with amazement and tempts us to philosophize. Amazement, because twins should like being born so well that they repeat the act seven times; which makes them continually choose the same street as the scene of their natal enclosures. It seems to us that if we were twins with an incurable birth habit, we should desire a bit of variety. Having been born once in Olean, we should yearn for some different place for our next debut; we should try to be born in China, in France, in Salamanca, in Cattaraugus, in Indiana, at Aurora Pond—Cleveland Plain Dealer. Great Salt Eaters. The Burmese consume salt. They eat salt in large quantities. Salt has been consumed in Burma on an average of 17 pounds to each person each year. One wonders how they can use so much until one knows that no article of diet is more relished in Burma than salted fish. Burmese not only eat salt, but they also manufacture it in nearly every district, the total production being nearly 100,000,000 pounds, and the revenue from salt last year being over \$900,000. An Oil That is Prized Everywhere.—Dr. Thomas' Electric Oil was put upon the market without any flourish over thirty years ago. It was put up to meet the wants of a small section, but as soon as its merits became known it had a whole continent for a field, and it is now known and prized throughout this hemisphere. There is nothing equal to it. Why Crescent is Turkish Symbol. When Constantinople was a Byzantine city, Phillip, the father of Alexander the Great, tried to reduce it by siege. He was unsuccessful by day, and when he thought to take the city by surprise in the dark the crescent moon and stars appeared and exposed his warriors to the citizens. In honor of her protection of the city the Byzantians built a statue to Diana and made the crescent the symbol of the city. Old English Holidays. In the list of old English holidays Candlemas was February 2, the date on which we now look for the groundhog to forecast the weather, and Old Candlemas, February 14, which is now observed as St. Valentine's day. Getting Too Realistic. Rosemary and her brother Edward were playing when Rosemary said: "Now, let's play supposing you be papa and I'll be mama." The game proceeded nicely until Rosemary said: "Papa, Edward was a bad boy to-day." Whereupon Edward said: "Oh, I ain't going to play no more—you're not supposing, you're playing real."

TIRED PEOPLE ARE DEBILITATED

FULL HEALTH AND STRENGTH CAN ONLY BE REGAINED BY ENRICHING THE BLOOD. People who are tired all the time and never feel rested, even after a long night in bed, people who cannot regain weight and strength, who feel no joy in living, are in a condition described by doctors as general debility. A medical examination might show that every organ in the body is acting normally, but the pallor of the face will usually show that the blood is weak and watery. This is the root of the trouble. Debility is a loss of vitality, not affecting any one part of the body, but the system generally. The blood goes to every part of the body, and the use of a blood tonic like Dr. Williams' Pink Pills quickly tones up the whole system. The first sign of returning health is a better appetite, an improved digestion, a quicker step and better color in the cheeks. The rich, red blood, reaching every organ and muscle, carries new health and vigor. The nerves are quieted, sleep becomes very refreshing, and with persistent treatment and a good diet the patient is once more enabled to enjoy life. The case of Mr. W. Doxater, R. R. No. 4 Tillsonburg, Ont., illustrates the great value of Dr. Williams' Pink Pills in cases of this kind. Mr. Doxater says: "I was troubled with pains throughout my whole body, was extremely nervous, did not sleep at night, and was further afflicted with rheumatism. In spite of different treatments this condition persisted, indeed I was growing worse and had fallen away in weight to 120 pounds and was scarcely able to do any work. Then I began taking Dr. Williams' Pink Pills, and after a few weeks there was a noticeable improvement in my condition. I continued taking the pills, constantly gaining until I felt as well as ever I did. While taking the pills, my weight increased to 170 pounds, and I can now do as good a day's work as anyone. My advice if you are not feeling well is to take Dr. Williams' Pink Pills and they will soon put you right."

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trance into the body of believers, and the listener was desirous of becoming identified with the followers of Christ. 37. Believest vith all thine heart—Intellectual faith is not sufficient to constitute one a true believer; there must also be heart trust. I believe that Jesus Christ is the Son of God—For the Ethiopian to believe with all his heart that Jesus Christ was the Son of God was to accept of this personal Saviour, as well as the Saviour of the world. This verse is not found in the best ancient manuscripts and is omitted from the Revised Version. 38.—Went down both into the water—The Ethiopian had professed his faith in Christ and was a proper candidate for Christian baptism. He baptized him—By being baptized the Ethiopian declared that he was a follower of Jesus. 39. The Spirit of the Lord caught away Philip—This marvelous removal of Philip would confirm the church and his companions in their faith. They would recognize that he who had been sent unto them was a man of God.—Farrar. Went on his way rejoicing—The Ethiopian had every reason to rejoice. A new light, a new life and a new joy had come to him. He was a converted man. 40. Philip was found at Azotus—He next appeared at Azotus, the ancient Ashdod of the Philistines. Questions—What was the mission of John the Baptist? What was the nature of his baptism? Why was Jesus baptized? What commission did Jesus give to His apostles? What does baptism mean to the one who is baptized? What sign does baptism give to the world? Why was Philip sent southward from Samaria? Why did the Ethiopian wish to be baptized?

Inventor Davy and Love. Sir Humphry Davy, the inventor of the Davy lamp, found love something of a delusion, if not a snare. Writing to his mother, he said, "I am the happiest of men in the hope of a union with a woman equally distinguished for virtues, talents and accomplishments." And in a letter to his brother he expresses his rapture thus: "Mrs. Appreah has consented to marry me, and when the event takes place I shall not envy kings, princes or potentates." The widow must have been a person possessed of great powers of fascination, for Sir Henry Holland makes mention of her as a lady who made such a sensation in Edinburgh society that even a regius professor did not think it beneath his scholarship to go down on his knees in the street to fasten her shoe. The sequel need not be dwelt upon further than to add that the marriage turned out to be altogether a mistake.

PRACTICAL SURVEY. Topic.—The significance and importance of Christian baptism. I. Christian baptism. II. Its significance and importance. 1.—Christian baptism. Christian baptism is to be distinguished from that which John the Baptist administered to the penitent multitudes attending his wilderness ministry. This was a testimony of faith in the Messiahship of him who was to come after him. It is also to be distinguished from the baptism which Jesus received at the hands of his kinsman and forerunner, and which was the ceremonial consecration by which he was inducted into the first order of the Aaronic priesthood. Jesus was descended from the kingly tribe of Judah, and not the priestly tribe of Levi (Heb. 7:14). The high priest only could make atonement for sin, and Jesus became such by the anointing of the Holy Ghost, which followed his induction into the first order of the priesthood and typified by the oil of anointing (Lev. 8:10, 12; Matt. 3:16; Acts 10: 38) Jesus merged in himself the prophetic, priestly and kingly offices. Neither was the rite, administered by his authority (John 2:2), Christian baptism. This was instituted after the resurrection at the mountain conference in Galilee (Matt. 28: 18, 19). The Christian church commenced at Pentecost, and Christian baptism was then first instituted. II.—Its significance and importance. In itself it possesses neither expiatory

value nor sanctifying virtue. As a sign it is a symbol of the effusion of the Holy Ghost and an external witness and seal of the internal renewing and cleansing wrought by his power in the hearts of all regenerate persons and of his gracious influences melting and inflaming the heart with love (Ezek. 36:25; Rom. 5:5). Paul understands it to signify union with Christ in his death "unto sin," and the power and glory of his resurrection life, with the other members of the "body" (Rom. 6:2, 4, 5; Gal. 3:27; Eip. 4: 4, 5; Col. 2:12). Christian baptism is a public pledge of fidelity to God and righteousness on the part of its subjects, and is a seal of the covenant into which God is pleased to enter with his children and of his faithfulness in fulfillment. If the candidate fulfills his contract, walking in obedience and fellowship, God fulfills his promise of pardon, regeneration, sanctification, comfort, victory, strength and everlasting reward. Christian baptism is a public testimony to faith in Christ and of trust alone in his atonement for salvation. The same truths are set before us in baptism, which were set before Israel when they passed the sea (1 Cor. 10: 1, 2; Heb. 1: 29). Christian baptism testifies to the coequal tri-unity of Deity recognized in the formula established by Jesus, which is inseparable from Christian faith. It expresses further a public choice of discipleship with its accompanying renunciation of the maxims, affections and customs of the world. Its importance is inseparable from its significance. Jesus made it coextensive with the dissemination of his gospel and the discipling of the nations. It is not to be neglected, lightly esteemed nor carelessly accepted. W. H. C.

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DOMINION RUBBER. FLEET FOOT FOR THE CHILDREN. Shoes are the most serviceable, most comfortable, most economical shoes for romping kiddies—for girls who help mother about the house—and for boys who work with father in the fields. They are also made for men and women; for work and play; for every-day and Sunday wear. Ask your dealer for Fleet Foot. The name is stamped on every pair.

Corn Griddle Cakes. Don't forget corn. Try it in griddle cakes. Of course, fresh, sweet corn is best. But toothsome corn griddle cakes can be made in winter. Used canned, grated corn, or canned corn rubbed through a colander. The ingredients needed are one pint of graded corn, one-half a cupful of flour. Also use two eggs, one-half a cupful of milk, and one half a tablespoonful of fat. Beat the eggs separately, put the yolks into the corn and then add the milk. The flour is next put in with a good pinch of salt and the batter is beaten thoroughly. Last of all, fold in the whites of the eggs; cook the batter on a hot griddle and serve with syrup. Are corn griddle cakes good? You'll answer, yee! Use Miller's Worm Powder and the battle against worms is won. These powders correct the morbid conditions of the stomach which nourish worms, and these destructive parasites cannot exist after they come in contact with the medicine. The worms are digested by the powders and are speedily evacuated with other refuse from the bowels. Soundness is imparted to the organs and the health of the child steadily improves. Cookie. One cup powdered sugar, one-half cup lard substitute, one-half cup sour cream, two egg yolks, one-half teaspoon salt, one teaspoon soda, one-half teaspoon nutmeg. Roll soft. Sprinkle granulated sugar on top and bake. Many a fellow can't even see a "fresh paint" sign without being up against it.

Evolution of Wall Paper. Wall hangings have been used for the covering up and embellishment of wall surfaces from the earliest times. Probably the first of the kind were skins of beasts. Then with the introduction of weaving came woolen and fibrous cloths, plain or embellished by needlework or painting, says the Practical Decorator. Leather was a further development, doubtless originally suggested by the necessity of keeping out drafts and colds in the rudely-fashioned buildings of early date, and the dwellers in tents used and still use them for this purpose, as is exemplified at the present day by the nomadic tribes of the Sudan. The necessity for cheaper material than was in current use was evidently felt, as no sooner was paper invented than it was used for the purpose of wall decoration. The first wall papers were introduced into England by William of Orange, and the first attempt at their manufacture in that country followed immediately. They were, of course, made in sheets, as the ability to make paper in continuous rolls was not acquired till later. Corn Griddle Cakes. Don't forget corn. Try it in griddle cakes. Of course, fresh, sweet corn is best. But toothsome corn griddle cakes can be made in winter. Used canned, grated corn, or canned corn rubbed through a colander. The ingredients needed are one pint of graded corn, one-half a cupful of flour. Also use two eggs, one-half a cupful of milk, and one half a tablespoonful of fat. Beat the eggs separately, put the yolks into the corn and then add the milk. The flour is next put in with a good pinch of salt and the batter is beaten thoroughly. Last of all, fold in the whites of the eggs; cook the batter on a hot griddle and serve with syrup. Are corn griddle cakes good? You'll answer, yee! Use Miller's Worm Powder and the battle against worms is won. These powders correct the morbid conditions of the stomach which nourish worms, and these destructive parasites cannot exist after they come in contact with the medicine. The worms are digested by the powders and are speedily evacuated with other refuse from the bowels. Soundness is imparted to the organs and the health of the child steadily improves. Cookie. One cup powdered sugar, one-half cup lard substitute, one-half cup sour cream, two egg yolks, one-half teaspoon salt, one teaspoon soda, one-half teaspoon nutmeg. Roll soft. Sprinkle granulated sugar on top and bake. Many a fellow can't even see a "fresh paint" sign without being up against it.