

flesh. His way of saving men is by dying for them. You are to eat of His words as you would of bread, to be nourished by the words of Christ, you are to feed upon Him and incorporate Him, and by faith appropriate Him. In the human body the alimentary canal, by secret chemistry, draws out of the full tide of liquid food that passes whatever it needs for nutriment, so that the nails, the hair, the teeth, and other parts are severally nourished, and the whole body is constantly changing. So you are always to be drawing from Jesus Christ, Who died, Who rose again, Who ascended, Who still lives, and is with you to heal you; you are to get purity for your passion, you are to get strength for your daily duty, you are to get sweetness for your human relations. Whatever part of your spiritual nature is needing to be recruited and strengthened you are to obtain that strength from Him in Whom is the life of God.

And, of course, you never forget, do you, that the reason why food acts in this way is that there is life in it. It is not merely because it is solid. It is because in the grinding of the corn, the essential property, the germ of life has not been killed. It is because the ox eats the grass in which there is life that ultimately its flesh gives you and me strength. It is because the golden grain absorbs life that it becomes wheat for our sustenance. It is the life of God in nature which we appropriate and absorb. It is the life of the Eternal God in Christ which we absorb when we read and study the words of Christ and when at the Lord's Table we may in a mystical sense receive Christ into our being. The Father hath sent Me and I live by the Father—absorbing Him. So he that eateth shall live.

I go back to those words in the synagogue. There were three circles.

#### The Crowd Went First

because they had no appetite for the spiritual. If Christ did not give them bread for their physical health they had not any use for it. That is why there are crowds of people outside the Church today. They have no use for Christ. The disciples went; their spiritual senses had been awakened, but this talk about death offended their fastidious taste. So to-day many clever people are outside of Christianity. It offends them. It isn't good form. It isn't intellectual or aesthetic enough. So they go. I suppose these men found other teachers. There was Gamaliel. But Peter and the rest felt that Christ excited desires in them which Gamaliel could not meet. Peter mingled with the fishermen round the Lake of Galilee and talked a little about comparative religions. The Sadducees were no good to him. The Pharisees were no good to him. These Romans with their gods were no good, and the Greeks with their intellectualism were no good. Peter had gone over the ground. John the Baptist had just died. "Lord, I must stop with you. I dare not go alone. I dare not face the future without a guide, a leader, a shepherd. I must have somebody, and I don't know anyone better." Then he took a further step. "Not only cannot I do better, but we know Thou art holy. We know Thou art the Holy One of God." Simple men always recognize a really holy one. Then he went one step farther, and said, "Thou hast the words of eternal life. We have fed on Thee. Thou hast satisfied our deepest need, and we cannot do better." Give that man six months of the teaching of Christ, and on the eve of His transfiguration he will cry, "Thou art the Son of the Highest!" But he has not got to that yet.

My young friend,

#### Confucius Won't Lead You

because he won't deal with the future. Buddha won't lead you, because he says non-existence is the only way out of trouble. Mohammed won't lead you, because you will have to receive his teachings about heaven. Theosophy won't lead you. Only yesterday a lady came to see me, and said Theosophy told her that her suffering was the result of something done in a previous incarnation. Clear these things out! None of them will help you when you bear the burden or face the dark. Only Christ will help you. At last you will confess that He is holy. You know that His words give life, comfort, peace, hope. The more you feed on the words of Christ the more you can say, "Thou hast the words of eternal life." If you cannot go further, wait a bit. That is all I do. So far, so good. In six months

from now, if you go on, and you are praying, you will come to the point of saying, "Thou art the Christ, the Son of the Living God." And then Calvary. And then life on the other side. And then Christ as the spring within you, the Companion, the Friend, the King—everything.

Will you also go away? No, oh no. Bind me, O Lord, to Thy Heart and keep me.

Thou, O Christ, art all I want

#### Partners With God

The newly returned traveler was recounting his experiences.

"The only thing that marred the trip through Norway was a little girl in the party who annoyed us all by persisting in drumming on the piano in every hotel at which we stopped," he said. "She could play only one tiresome little tune, and that with one finger. On arriving at any hotel, she would run into the parlor, and forthwith our ears would be assailed with that wearisome tune. It annoyed us all so much that we were thinking of appealing to her mother to stop it."

"One day we drove up to a strange hotel. As usual, the child made for the parlor and began to play her simple and monotonous little tune. A great musician was stopping at the hotel. He came to the threshold of the parlor, listened a moment, and then went over to the little girl at the piano. He put his hands over hers, and using the tedious little melody as a theme, he began to improvise. As he played, the beauty of the harmony and the curiously attractive rhythm he gave to the music caught the ears of everyone who was within hearing. The room became filled with breathless listeners, who, when he finished,

began to applaud. The musician rose, smiled, and taking the little girl's hands, said, 'It is your music they applaud.'"

So it is with our best efforts that seem to produce so little of the effect we desire. Some day we shall see that our Heavenly Father has been joining His power to ours to produce results more marvelous than any we had dreamed of. Our tiresome little performances He will transform into glorious symphonies. Whoever works faithfully for God at life's humdrum tasks works not alone. Over his hands the unseen hands of God are placed. The results are divine, but God calls them ours.

#### Truth Above All Things

The person who goes against his own interest by the rigidity of his devotion to truth sometimes finds that he has served his interest in that very way. An English paper tells this story:

A boy once applied at a store for work. "We don't like lazy boys here," said the manager. "Are you fond of work?"

"No, sir," responded the boy, looking the other straight in the face.

"Oh, you're not, are you? Well, we want a boy that is."

"There ain't any," said the boy, decidedly.

"Oh, yes, there are. We have had over half a dozen of that kind here this morning to take the place we have."

"How do you know they are?" asked the boy.

"They told me so."

"So could I, but I'm not a liar."

And the lad said it with such an air of convincing energy that he was engaged at once.

**EATS DIRT**  
CLEANS AND DISINFECTS



**MADE IN CANADA**

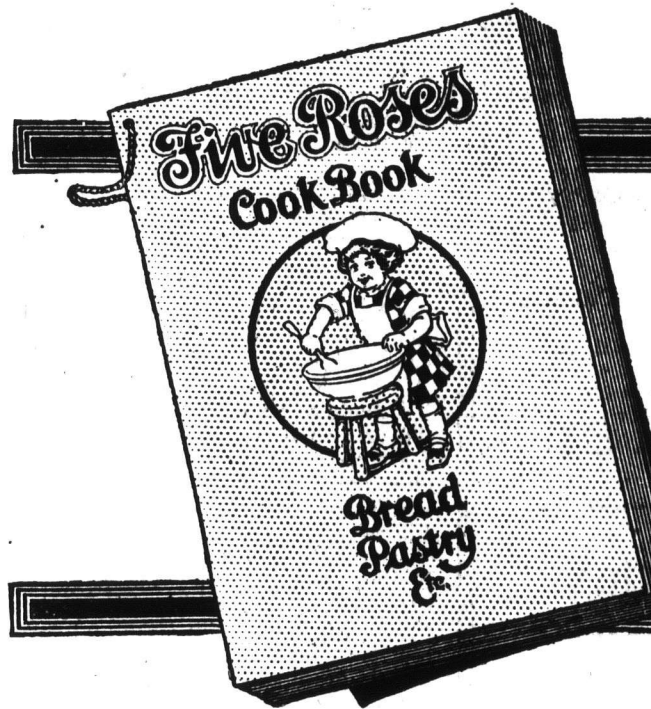
**SOME OF ITS USES:**

- For making soap.
- For washing dishes.
- For cleaning and disinfecting refrigerators.
- For removing ordinary obstructions from drain pipes and sinks.

**REFUSE SUBSTITUTES**

**E.W. GILLETT COMPANY LIMITED**  
WINNIPEG TORONTO, ONT. MONTREAL

"Was your first meeting with your wife romantic?"  
"Extremely so. It occurred at a picnic. I was eating a very ripe tomato and some of it squirted into her eye."



## Over a Million Canadians Enjoy These Recipes

**THIS** book is a source of baking-inspiration to over 300,000 ambitious housewives, and helps them to prepare delightful things for their 1,500,000 family folks.

### The Cream of 20,000 Recipes to Help You

¶ We obtained the favourite recipes of more than 2,000 successful Canadian home bakers, added to them the best suggestions we could find in our vast experience and turned them over to critical examination and actual test.

¶ Our cooking experts studied them. For months they baked, boiled, stewed and fried breads, cakes, puddings, pies, doughnuts, pancakes, muffins, biscuits, etc., and they approved only the very best recipes out of the thousands submitted.

¶ The result is a 144-page book that offers a liberal education in the art of good cooking. It is printed in large, easy-to-read type, is illustrated with many pictures, and is securely bound to resist long wear in the kitchen.

¶ Six editions have been printed. More than 300,000 women have written us for copies—most of them at the urgent suggestion of friends and neighbors.

#### How to Get Your Copy

Fill in the coupon, enclosing 20c in stamps, and one of the famous Five Roses Cook Books will be sent you at once.

**LAKE OF THE WOODS MILLING CO. Limited**  
Winnipeg

#### COUPON

BEING a satisfied user of Five Roses Flour, I enclose 20c in stamps. Please send me the famous FIVE ROSES COOK BOOK.

Name \_\_\_\_\_

Town and Province \_\_\_\_\_

Name of Dealer \_\_\_\_\_