

## A Pimple Remover That Never Fails

Dr. Hamilton Stands Behind His Formula

Bad blood is always responsible for pimples, blackheads and humours. Pimples, eczema and boils are the common result.

I contend that to cure these ills, the liver, kidneys, and bowels must receive attention.

Mr. remedy, known as Dr. Hamilton's Pills of Mandrake and Butter-salt, invariably reaches the trouble.

For putting life into sleepy organs, for forcing out every kind of waste and foreign matter, for making health-sustaining blood, where can you find such efficiency as in Dr. Hamilton's Pills?

In a thousand cases I have demonstrated that Dr. Hamilton's Pills cure facial blemishes and skin diseases.

I look upon these pills as the best blood purifier and system builder of the age, and guarantee they will cure every complaint having its origin in weak or debilitated blood supply.

If Dr. Hamilton's Pills will not cure that tired, rundown condition, if they will not change lack of force into energy and vim, then nothing will.

By creating an abundant supply of rich, nourishing blood they maintain that standard of health so much desired by those participating in the strenuous life we live to-day.

Get Dr. Hamilton's Pills and prove their merit to-day, 25c per box.



Lesson III, April 18, 1920.

### THE VICTORY OF GIDEON'S BAND

Commentary.—1. Gideon's army tested (vs. 1-8). 1. Jerubbaal, who is Gideon—Joash, Gideon's father gave him the name Jerubbaal, which means "let Baal plead," because Gideon had broken down the altar of Baal (Judges 3:25-32). Through the tests with the fleece (Judges 6:36-40), Gideon was fully assured that the Lord had called him and would give him the victory over the Midianites. He had summoned the Israelites to war against their enemies, and an army of thirty-two thousand had answered the call. Well of Harod—A fountain on the north side of Mount Gilboa. A stream of considerable size flows eastward to the Jordan from this spring. Hill of Moreh—It is though Little Hermon is the hill meant, which is across the valley from Mount Gilboa. 2. Vaunt themselves against me—The Lord saw the pride of heart of Israel and knew their disposition to neglect or forsake him. Mine own hand—Even if there was only the small army of Israel arrayed against more than four times as many Midianites, and the former should be victorious, they would not recognize God's hand in the victory. 3. Fearful and afraid—In Deut. 20:1-8 several directions are given with regard to going out to war, and in one it is provided that the "fearful and faint-hearted" shall return home.

4. Yet too many—The Lord purposed to show the people that the victory to be achieved would not come through human might. Unto the water—The fountain of Harod and the stream flowing from it. This shall go—this shall not go—Another test was ordered which would further reduce the number in the army. 5. Lapping of the water—From the following verse it is learned that this expression means to drink by bringing water with the hand to the mouth, as a dog conveys water into its mouth with its tongue. Boweth down—To kneel or lie down to bring the mouth to the water, and thus to drink. 6. Three hundred—A small number drank by lapping the water. 7. By the three hundred men that lapped I will save you—It is maintained that the men who drank by lapping the water with their hands were more fully on their guard than those who bowed down to drink. They were standing and could keep their eyes on the enemy, and thus avoid being taken unawares. This test, however, may have been employed because the Lord knew that the greater number would drink in the convenient way of bowing down, and a very few would drink by lapping, and thus the number would be reduced to exactly the desired proportions. 8. Took victuals in their hand—The three hundred were properly supplied with food.

II. Encouragement for Gideon. (vs. 9-15). To give Gideon further encouragement the Lord arranged it so that he would hear a dream told by one of the men in the Midianite army, and its interpretation. The man dreamed that a cake of barley bread fell or rolled into the camp of the Midianites. It struck a tent and knocked it down, so that it fell flat on the ground. The man to whom he told the dream said: "This is nothing else save the sword of Gideon, the son of Joash, a man of Israel! for into his hand hath God delivered Midian, and all the host." This interpretation showed that the Lord had inspired fear into the hearts of the Midianites. III. The three hundred victorious (vs. 16-25). 16. Divided—Into three companies—By dividing his three hundred men into three companies, Gideon would be able at the same time to attack the Midianites on a large portion of their camp lying opposite to them. A trumpet in every man's hand—Trumpets and torches were usually carried by the leaders of the army and not by common soldiers; in this case each soldier was supplied with them. Empty pitchers—Earthenware vessels such as were used for carrying water. They were to conceal the lighted torches. Lamps—Torches. 17. Look on me—Gideon was the leader and his men were to carry out his plan fully and carefully. 18. On every side of all the camp—The contemplated attack would bring terror, as it would appear that the Midianites were wholly surrounded. The sword of the Lord, and of Gideon—For Jehovah and for Gideon—R. V. 19. Beginning of the middle watch—It was about midnight. The night was divided into three watches, the evening, the middle and the morning. 20. Brake the pitchers—The sound of the breaking of three hundred pitchers at once would seem like a great clash of arms. The sword of the Lord, and of Gideon—This cry from three hundred men of war, accompanied by the sounding of three hundred trumpets,

the breaking of as many pitchers and the glare of as many torches at midnight was sufficient to strike terror to the hearts of the enemy. 21. Every man in his place round about the camp—To each of Gideon's three hundred men a work was assigned, and each did it. The host ran, and cried, and fled—The Midianites were terror-stricken and in utter confusion. 22-25. In their confusion and terror the Midianites mistook their fellow soldiers for enemies and turned their swords upon one another. They were completely routed and sought safety in flight, pursued by the men of Israel.

QUESTION.—Give an account of Gideon's call to be the deliverer of Israel. How did the number in Gideon's army compare with that of the Midianites? What was the first test applied to Gideon's army? Describe the second test. Why did the Lord desire to reduce the number of men? What encouragement came to Gideon? Describe the equipment of Gideon's men. How was the attack made upon the Midianites?

PRACTICAL SURVEY.

Topic.—One with God a majority.

I. Gideon's call.

II. Gideon's army decimated.

III. Gideon's victory.

After the notable and decisive victory of Deborah, "the land had rest forty years." Repeated disobedience brought renewed disaster. The history of Israel is the history of the world. In the former study we saw Israel oppressed; in the present lesson we have a foreign invasion, with enemies crowding in on every side. Judges 6: 2 gives us a vivid picture of their pitiable condition. Proud and princely Israel was burrowing in dens and caves. Only by the almost surpassing

strategy could the barest subsistence be secured. God's answer to their cry was a prophet, and through him a reminder and reproof. God works through recollection. Mysterious memory places the past in the light of the present. Abraham said to the rich man, "Son, remember." The bitterness of Israel's experience was that it was not misfortune, but retribution.

I. Gideon's call. God found his man. Gideon was doing an honest work in the quietest manner possible (Judges 6: 11) and had held his faith in the midst of universal degeneracy. In the riot of Baal worship he had kept Jehovah's altar. "He had faithfulness among the faithless been." The beginning of a divine deliverance must be moral, spiritual, religious. The first test applied to Gideon settled his relation to the idolatry of his own household and placed him in public antagonism to Baal worship. The name, "Jerubbaal," Baal's antagonist, was not a misnomer. The path of pre-attent duty always leads to the higher attainments and achievements of life.

II. Gideon's army decimated. In all ages and all events God has jealously to guard his own glory. He will stain

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discarded by human wisdom, he uses for his great purposes. The enemies of Israel were numerous, and first on the field, Gideon issued the call to Israel, and Abiezer, his little flock, came up to meet him. All his host was but a handful before the outspread host of Midian and Amalek. Nothing could be more ingenious and convincing than the double sign asked for and granted, perhaps more in view of his own coming decisions, than the greatness of his enemies. The applied tests left Gideon with a pitiful handful numerically, but every man a hero. Not a fearful one was in all the ranks; every one was in self-control, and eager in spirit.

III. Gideon's victory. Divine interposition does not preclude the wisest and most effective disposal of the means at hand. Declimated to the point of utter human hopelessness, Gideon disposed of his heroes with the skill of a divinely-instructed strategist. The blaring trumpets, the crash of breaking vessels, the sudden flash of torches, bursting through the darkness, and the appointed battle-cry, will simulate a besieging host. Midian was confused, and destroyed itself. "The battle is not yours, but God's." It is nothing for him "to have by many or by few." "Statistics are nothing, principles everything." W. H. C.

### Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 81c; No. 2, 83c; No. 3, 85c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Pharmacy Building)

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## RHEUMATISM

This is just the season when rheumatism with its grinding pain and stiffening of joints gets hold of you. Fight it with

### Templeton's Rheumatic Capsules

Templeton's Rheumatic Capsules bring certain relief, and permanent results. They are recommended by doctors, and sold by reliable druggists everywhere for \$1.04 a box, or write to Templeton, 124 King St. W., Toronto, mailed anywhere on receipt of price. 65

the pride of all human boasting. No flesh shall glory in his presence. "The weak things," the "things that are not," the instruments discarded by human wisdom, he uses for his great purposes. The enemies of Israel were numerous, and first on the field, Gideon issued the call to Israel, and Abiezer, his little flock, came up to meet him. All his host was but a handful before the outspread host of Midian and Amalek. Nothing could be more ingenious and convincing than the double sign asked for and granted, perhaps more in view of his own coming decisions, than the greatness of his enemies. The applied tests left Gideon with a pitiful handful numerically, but every man a hero. Not a fearful one was in all the ranks; every one was in self-control, and eager in spirit.

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## THE POULTRY WORLD

SOME HINTS BY AN ENGLISH EXPERT.

The success of poultry keeping as a business depends largely upon the owner's ability to keep his birds vigorous and free from disease, so that it is of paramount importance thoroughly to understand what conditions are necessary to ensure good health and productivity.

### PREVENTION AND CURE.

The signs of good health in birds are generally a lively manner, clean eye, bright red comb, and good appetite. Before one can intelligently work for the prevention of disease, which is very much more desirable than its cure when it has appeared, something of the causes which produce disease must be known. The poultry keeper must learn to some degree the art of diagnosis, and must then determine what conditions have possibly produced the symptoms which are undesirable.

Thus, where the digestive machinery seems to be out of order, the quantity and kinds of food taken should be considered, as also should the amount of exercise the birds get, the accessibility of gravel or other forms of grit, the question of undue exposure to cold draughts of air, and the presence of parasites of one form or another. Again, where the respiratory organs are apparently affected, the owner should see, out for himself whether the birds have been chilled or are infested with parasitic organisms more particularly multiplying in the organs or respiration.

### HYGIENIC CONDITIONS.

The general conditions required to maintain a flock of fowls in good health are, hygienically speaking, much the same as are required for other improved farm animals, excepting, perhaps, that these conditions are more pressing in the case of poultry than in most other stock, as, proportionately to weight, birds digest food more quickly, while their blood also circulates faster and their temperature is higher. A laying fowl has been compared to "a very perfect and delicate machine, running under high pressure"; and the comparison is a just and reasonable one. Where such a machine gets really good attention, it runs easily and produces the most remunerative results, though, if neglected, it is sure to be more costly and disappointing than more ordinary machines would be.

### UPON ELEVATED GROUND.

The first requirement of health is to see that the poultry house and yard are located, if possible, upon elevated

ground, so that the drainage is good and that water will not settle under the buildings. A good proportion of sand in the soil is a benefit, as such soils dry more readily and do not become so muddy in wet weather. Dampness is most undesirable. It conduces to rheumatism and many other ailments.

Under what is known as the intensive system, fowls are sometimes kept in very limited spaces; but in our own experience the best possible results can only be had where the exercising yards are large enough. Where space can be spared, every fowl should have at least 40 square feet of yard space, as this will allow of the ground producing as much grass as the birds will eat under ordinary conditions. It is a great advantage to have an open shed, facing the south, so that the birds can scratch in the dry during the winter and in rainy spells at other seasons. This helps very much to maintain health and vigor.

### VENTILATION.

In ventilating the houses for poultry, care must be taken so to arrange that cold draughts of air do not blow upon the birds. Fresh air is most essential, but the houses can easily be ventilated without endangering the health of the fowls. A satisfactory method of ventilation, it is wise to cover the inside walls of board houses with building paper or some other air-tight material.

Cleanliness is a sanitary condition of the greatest value, since accumulations of dirt and excrement provide breeding grounds for parasites of one sort and another. Hence, when constructing the poultry house, everything should be so devised that the house can be conveniently and easily cleaned. All nest-boxes, roosts, etc., should be readily removable, so that they can be taken out of the house for cleaning, and the floor must be quite smooth to allow of scraping and sweeping. Cracks and knot-holes in the woodwork are best filled with something suitable, to prevent their becoming harbours for pests.

### CLEANLINESS.

The longer fowls are kept on the same ground, the more they become the risk from parasite diseases, and the more must be the thought and care devoted to keeping such risks in check. In this connection, disinfection is invaluable. The simplest means of disinfecting the inside of the poultry house, including all perches and other woodwork, is to apply hot lime-wash two or three times yearly. Where liberally and properly used this will destroy animal parasites and bacteria.

Where fowls are infested with vermin they should be treated externally with insect powder of some reliable sort at the time when the houses are disinfected, and insect powder may be strewn in the dust boxes and nests with advantage. The actual ground of the run should be disinfected occasionally. A simple plan is to plough well and dig it, so as to bury all the accumulated excrement and parasite; and it is an advantage if a crop of grass or some other suitable and quickly growing plant can be cultivated on the ground from time to time thus ensuring its getting a complete change.

At this season of the year the fertility of eggs for hatching is a most vital question, so that it seems advisable to consider what conditions tend to increase fertility. Where eggs have to be kept a long time before being set, it is advisable to store them in tightly closed cases and not where they will be exposed to the air. An ideal temperature for the eggs which have to be kept for a time is about 70 degrees Fht. Temperatures below 50 degrees are risky.

### FERTILE EGGS.

Stated as a general principle the fertility of eggs can be increased by giving the hens freedom, exercise, fresh air and cuttable food. Where fowls that have been kept rather closely shut up are afforded abundant space with the object of producing more fertile eggs, about a fortnight of the new management should be given before the eggs are kept for sitting.

It is often stated that eggs for sitting sent by train or post should be rested for a few days before being put under hens; but the results of such experiments as have been made to determine the value of this system go to show that better effects are secured by starting the incubation of the eggs directly they are received and without resting them.—William Toogood, Southampton.

### THOUGHT IT WAS SUICIDE.

A prominent merchant was discovered a few days ago brandishing a razor at midnight. His wife called for assistance, but found her Hubby was only paring his corns. Far better not to risk blood poisoning—use Putnam's Corn Extractor, 25c at all druggists.

### THE REMEDY.

First Office Boy—I told the boss to look at the dark circles under my eyes and see if I didn't need a half day off.

Second Office Boy—What did he say?

First Office Boy—He said I needed a bar of soap.

## PAINS SO BAD STAYED IN BED

Young Mrs. Beecroft Had Miserable Time Until She Took Lydia E. Pinkham's Vegetable Compound.

Hamilton, Ont.—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Spectator and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Compound to several friends."—Mrs. EMILY BEECROFT, 269 Victoria Ave. N., Hamilton, Ontario.

For forty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It is made from native roots and herbs and contains no narcotics or harmful drugs. For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

### Hints On Painting.

For the purpose of keeping flies and other insects away from freshly painted surfaces, mix a little bay oil with the oil paint or else place a small amount in an open dish nearby. The pungent odor will drive all insects away.

A very simple way to prevent or remove spots from a ceiling colored by an accidental water overflow is to take unslaked white lime, dilute it with alcohol, and paint the spots with it. The alcohol will evaporate quickly and the lime will form an insulating layer that will take the size color and spots will not show through.

For the purpose of keeping flies To prevent the peeling of new coatings on old paintings proceed as follows: Rub the painting with rough pumistone, wet by means of felt, then add to the paint of the first coat one part alcohol and nine parts paint. This paint will dry well and give very good results, even in the most difficult cases. The remaining coatings are put on with the regular paint.

To prevent the crawling of the paint, carefully rub a flannel rag over the work previous to varnishing, stripping or painting. This simple operation will prevent the crawling. In some cases crawling may be traced to defective varnish. The only remedy in this case is to obtain good varnish.

To prevent liquid paint, kept in flat receptacles in small quantities, from exaprating and drying place the dishes of paint one on top of the other with the underside lined with felt or very porous clay. The felt or clay should be moistened. In this manner a moist atmosphere will be produced that will prevent the paint from becoming dry and keep it from evaporating.—Illustrated World.

## THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little ones she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N. S., who writes:—"I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The L. Williams Medicine Co., Brockville, Ont.

### Make shift, As It Were.

A strange family had recently moved into the neighborhood. Robert had made the acquaintance of the small son and had learned from him that the man was only the boy's stepfather, and in explanation to me, Robert said: "It ain't James' own daddy, mamma; he's us; a second-handed one."—Chicago Tribune.

Mugging—Queer a girl can never hit anything she aims at. Buggins—That isn't altogether true. Haven't you ever watched a girl throwing bouquets at herself?

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