

If Your Food Ferments or Disagrees Just Read This!

Thousands of broken-down despondent dyspeptics have recently been given back their health.

These happy people don't proclaim it was a miracle that endowed them with a new lease of life—it was simply their common sense in selecting a tried and proven medicine, one specially adapted to their particular ailment.

All these splendid cures were effected by Dr. Hamilton's Pills which beyond all question have a strange power to restore a weak or ailing stomach.

If your stomach is tired and overworked try Dr. Hamilton's Pills, and note the prompt improvement. Pain before or after eating will disappear. You'll get a real vigorous appetite and digest what you eat. Lots of well digested food is bound to increase your strength, to make you brighter and more ambitious. In a week you'll feel like a different person, in a month you'll be permanently restored.

For folks who are out of sorts, not feeling just up to the scratch, perhaps bothered with headaches or constipation, to them Dr. Hamilton's Pills will prove a boon.



Lesson I. July 6, 1919.

Its Life and Work.

Acts 2: 37-47; Thess. 5: 11-15.

Commentary.—I. The church established (Acts 2: 37-41). 37. They—the multitudes that came together, being attracted by the manifestation of the Holy Spirit as he came in his fulness upon those who were waiting for him at Jerusalem after the ascension of Jesus. Pricked in their heart—The Holy Spirit had spoken through Peter and his hearers were awakened and deeply convicted. What shall we do?—It was not enough that they felt deeply. There was a call to do something. They felt their guilty and desired relief. 38. Repent—Turn away utterly from your sins. Be baptized—In the name of Jesus Christ—They were directed to declare publicly their faith in him whom they had put to death less than two months previously. For the remission of sins—Baptism was the external act which signified the internal work of deliverance from sin. Shall receive the gift of the Holy Ghost—By the gift of the Holy Ghost they became truly one with the sanctified hundred and twenty, and are empowered to do mighty wonders in behalf of Christ, the exalted Lord—Whedon. 39. The promise—The promise of the gift of the Holy Ghost. Shall call—God has invited all mankind to come to him. 40. Save yourselves—Salvation is provided, therefore take the steps necessary to salvation. Untoward—Crooked, perverse. 41. Received his word—They not only heard the word, but believed and obeyed it.

II. The church maintained (Acts 2: 42-47). 42. Continued steadfastly in the apostles' doctrine—The thousands who had been converted through the efforts of the church were so thoroughly in sympathy with the gospel that they were glad to continue under the instruction of the apostles. Fellowship—There is a peculiar fellowship that exists among those who are saved. This is frequently spoken of as the communion of saints. In breaking bread—There is a difference of opinion among scholars as to what act was indicated by this expression. It is rather commonly believed that it refers to the Lord's supper which was celebrated every day. Some suppose it was the ordinary meals which were partaken of by the multitudes from a common store of food. Others think it was the lovefeast in which the people broke bread with one another in token of their Christian love and fellowship. The first view appears to be the most reasonable of the three. 43. Fear came upon every soul—The manifestations of the power of God in saving the people astonished those who knew of them, and they ceased to mock and became respectful.

44. All that believed—All who accepted the gospel message and were converted. Had all things common—The believers were as one great family. Their joys and efforts were one, they had common needs, and what

Dr. Martel's Female Pills For Womens Ailments



A scientifically prepared remedy of known value, recommended by physicians. Sold for nearly half a century in Patent Tin Rings. Cover with Signature. Knechtel's Remedy. Do not accept any other. At your Dispensary or by Mail Direct from our Canadian Agents, Leeman Bros. & Co. Ltd., Toronto, Can. Each packet of twelve 25c.

they had used according to their several needs. 45. Possessions—Real estate, Goods—Personal property. Parted them to all men—The Holy Spirit was given in his fulness while multitudes were in Jerusalem, many of whom had become converted. It was desirable that the converts should remain long enough to become fully established in grace on instructed in doctrine, that they might carry back to their several communities their gospel message. The spirit of liberality that characterizes true Christians led to the giving out of supplies to all who "had need." 46. Daily—Religious services were held every day. In the temple—The temple was the central place of worship and the place to which all hearts naturally turned. The Christians had no opposition to the temple worship, but their experience of salvation enabled them to put new life and power into that worship. Breaking bread at home (R. V.)—The services were not confined to the temple, but in the homes religious services were held, the Lord's supper being celebrated there. Their meat—"Their food"—R. V. With Gladness—The word has in it the thought of abounding joy. Singleness of heart—The Christians were of one mind and heart, having the one purpose of spreading the gospel. 47. Praising God—Praising God is an essential part of the Christian's worship and employment.

III.—The Church's Mission (1 Thess. 5: 11-15). 11. Wherefore—In view of the great fact that salvation has been provided for all who will accept it, and in view of the assurance given of a future life in the presence of God for those who love him, there is true ground for encouragement and hopefulness. edify one another—"Build each other up."—R. V. 12. beseech—Earnestly entreat, brethren—Paul addresses the church in Thessalonica in terms expressive of affection, to know them—To have a right estimate of their value. This church had been organized by Paul himself, and here is a recognition of such organization. The brethren are exhorted to appreciate those who have the oversight of the church, which labor among you—The minister of the church was to be helpful to his people as their servant, over you in the Lord—The pastor has a certain amount of authority, given him by the Lord, yet he is not to be officious or arbitrary, admonish you—He was to instruct, warn and reprove, as occasion might require. 13. esteem them very highly in love—The overseers of the church were to be given honor, in part because of their work. 14. we exhort you, brethren—The apostle has just urged the church to be at peace among themselves, but he would not urge peace at the expense of right living. The overseers were to admonish the brethren, but the brethren themselves must cooperate with them in promoting the welfare of the church. warn—Admonish, unruhly—Disorderly, comfort the feebleminded. The "feebleminded" here spoken of are not those who are mentally weak, but rather those who are faint-hearted and in need of encouragement, support the weak—Some might be inclined to discount the weak and thus discourage them, but they are rather to be helped, patient toward all—There is always need of patience, or long suffering. 15. none render evil for evil—The spirit of Christ is to return good for evil.

Questions—What was the occasion of Peter's address? Give the leading points in the address. What effect did it have? What question did the people ask? What was Peter's reply? How could they save themselves? How many were converted on that day? How did they prosper? How did they keep the unity of the Spirit? Who were added to the church?

PRACTICAL SURVEY.

Topic.—The spirit and mission of the Christian church.

I. The Christian church.

II. Its spirit and mission.

I.—The Christian church. The Christian church is the visible organism of the spiritual life. It consists of the body of believers in Christ, associated for Christian worship and work. The term may represent a particular division, holding the same doctrines, practising the same forms of worship and known by a common name, or a local assembly of such a division. In its spiritual sense the church is the invisible and incorporeal community of all and only those who by virtue of the mystery of the spiritual birth are Christian in fact as well as name (John 3:5). Christ is its only foundation and object of its faith (1 Cor. 3:11), its establishment was the purpose of the atonement (Eph. 5: 25-27). The Christian church consummated, and hence superseded, the "church in the wilderness," to which were committed the "living oracles" which are its solemn trust and priceless inheritance. Its nucleus was the company of Spirit-baptized disciples to whom was fulfilled the Pentecostal promise. The first organization was at Jerusalem where the first gospel triumphs were won: The varied phases of its life and structure are represented in scripture as a growth, a building and an organism. "Ye are God's husbandry," representing the vital energy of truth, sincerely received (Matt. 13: 8-23). "Ye are God's building," of which Christ is the "corner stone," the foundation, the unifying force and the depository of treasures (Eph. 2: 20; Col. 2:9). The church is declared also to be the body of Christ in the "head," the crown and source of authority, and true believers are the members of the organism, not organization merely, and "one of another."

II.—Its spirit and mission. The spirit of the Master is the spirit of his



THE POLICE FORCE OF THE BODY

Day and night—without ceasing—a struggle is going on in your body between the germs of disease and the white blood corpuscles—the police force of the human body.

If this police force weakens, disease germs gain a foothold—sickness follows.

Constipation is the most common and dangerous way of corrupting the human police force. Food waste remains too long in the intestines—decays—poisons the blood—and opens the way for attack by the germs that cause tuberculosis, diphtheria, pneumonia, and a multitude of other ills.

The culpable habit of using salts, pills, mineral waters, castor oil, etc., to force the bowels to move, makes this condition even worse, as constipation returns almost immediately.

Nujol is entirely different from drugs as it does not force or irritate the bowels.

Nujol prevents stagnation by softening the food waste and encouraging the intestinal muscles to act naturally, thus removing the cause of constipation and self-poisoning. It is absolutely harmless and pleasant.

Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world.

Get a bottle of Nujol from your druggist today and keep your police force on the job.

Warning: Nujol is sold in sealed bottles bearing the Nujol Trade Mark. All druggists. Insist on Nujol. You may suffer from substitutes.

Nujol For Constipation



disciples. Individuals and organizations are Christian only in the measure in which they possess and express the Spirit of Christ (Rom. 8: 9).

The vitalizing, animating energy of the "body" is the indwelling Holy Ghost, resident in, and operating through, each member. The spiritual tone of any church is determined by the average experience which obtains among its members. Jesus fixes the permanent standard of both experience and service. "They are not of the world, even as I am not of the world." "As thou hast sent me, even so have I also sent them." The Christian church is the divinely-ordained custodian of revealed truth. Unto Israel "were committed the oracles of God." It is the solemn responsibility of the church to preserve and disseminate unchanged the sacred truths committed to her trust; and it is her sacred mission to evangelize the world through their promulgation. The gospel is for everybody and must go everywhere. Vast responsibilities attend the gospel ministry. They are the custodians of the general conscience. Departures have always commenced with priestly unfaithfulness (Hos. 4: 6, 8, 9; Mal. 1: 6, 13). The place of the church is in the van of every righteous cause. The less welcome, the more needed. The church is the spiritual dynamo of the world.

\$5,000 LIMERICK PRIZE

The winning of it can't ease the pain of the corn, but "Putnam's" will ease, cure and prevent, corns, and warts. Guarantee goes with every bottle of "Putnam's." Use no other, 25c at all dealers.

"How much of an allowance do you give your wife?" "Say, you don't know my wife. I give her my salary and she gives me the allowance."—Detroit Free Press.

Effect of Light On Plants.

The attention of botanists has lately been recalled to experiments made at Juvisy, near Paris, by M. Flammarion on the effect of exposing the seedlings of sensitive plants to lights of different colors. Having placed four pairs of mimosa seedlings in four separate pots in a hothouse, he covered one pair with a bell of blue glass, another with a bell of green glass, a third with a bell of red glass, while the fourth was exposed to ordinary white light. At the end of two months the plants subjected to blue light were only one inch high, having hardly grown at all. Those exposed to white light were four inches high, those that had grown in green light were five inches high, while those whose light had been red were no less than sixteen inches high. Experiments with other kinds of plants gave various results, but in every instance blue light impeded growth and development.

WHO IS BLIND?

Will every person who reads this notice, and knows a blind man or woman anywhere in Canada, kindly send the name and address of that blind one to the Canadian National Institute for the Blind, 36 King Street East, Toronto.

The Institute is conducting work for the blind along the most modern scientific lines and desires that each blind resident of Canada should have the opportunity of availing himself or herself of the benefits represented by this work.

The immense task of registering every case of blindness can only be accomplished successfully by the earnest co-operation of the public generally. That is why we ask you to send the names and addresses of blind people you may know.

The following departments of work are being actively prosecuted by the Institute:

- Industrial Department for Men.
- Industrial Department for Women.
- Department of Field Work.
- Department of Home Teaching.
- Department of prevention of Blindness.
- Department of After Care.
- Residence and Vocational Training Centre for Blind Soldiers.

To send information or obtain information, address—

The General Secretary, Canadian National Institute for the Blind, 36 King St. East, Toronto.

Farms For Sale

123 ACRES NEAR WATERFORD, 100 under cultivation, 13 acres of hardwood brush, balance pasture land, good sand loam soil, 2 story white frame house, stone basement, barns with other necessary outbuildings, 2 miles to electric cars, all health is reason for selling, price \$10,000, \$2,500 cash, balance 5% Chas. E. Shaver & Co., 35 James street south, Hamilton.

The Lucky Horseshoe. The superstitious use of horseshoes as emblems of good luck originated about the middle of the seventeenth century. They were at first deemed a protection against witches and evil spirits, and were nailed on doors of houses with the curve uppermost. It was the belief that no witch or evil spirit could enter a house thus guarded. The custom of nailing horseshoes to ships and other sailing craft is still in vogue in many English-speaking countries. To find a horseshoe with an odd number of nails attached to it is considered the forerunners of good luck, and the more nails the greater the good fortune that is likely to attend the finder.

Indian Summer.

Indian summer is the return of genial but not hot weather after sharp frosts. It is the moment when the floor of the vestibule of winter is left standing ajar for a moment to let the light, and just a little—not too much—of warmth of departing summer stream in. It is a season without a rival—briefer even than the briefest spring tenderer than the softest summer; is the anodyne of the year's woes and the promise and pledge of a man's restoration of Eden—Exchange.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. Sold by druggists far over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

What She Was Looking For.

One of the many excellent stories told by Lady Jenson in her "Notes of a Nonna" concerns her godfather. "He came often to our house," writes the authoress, "having an obvious admiration for the pretty young aunt who lived with us. One day he called as usual and I at once climbed on his knee and stared searchingly into his clear, brown eyes. 'What's the matter, child?' said he, 'and what are you looking at?' 'Mamma said to papa, quote 'I that you had a wife in your eye and I'm looking to see if I can find her.'"

"I see they are going to tax talking machines." "Well, my dear, that probably won't affect you, and if it does I'll cheerfully pay the tax."—Louisville Courier-Journal.

Wash The Kidneys!

After Bad Colds or Influenza! Look to Kidneys and Bladder!



Owing to bad colds, over-eating or intemperance, or to the after effects of influenza—uric acid and toxins (poisons) are stored up in the body and cause backache, lumbago, rheumatic pains and stiff joints.

It is most essential that treatment be directed towards the body which causes these pains and aches. This means that the excretory organs—the bowels, skin and kidneys—should be excited to their best efforts. Every one should clean house—internally—and thus protect one's self from many germ diseases, by taking castor oil or a pleasant laxative such as Dr. Pierce's Pleasant Pellets, which are made of May-apple, aloes and jalap. Take these every other day. This will excite efficient bowel action. If you suffer from backache, irritation of the bladder and the kidneys, shown by the frequent calls to get out of bed at night, considerable sediment in the water, brick-dust deposit, perhaps headaches in the morning, you should obtain at the drug store "Anuric" (anti-uric acid), first put up by Dr. Pierce.

To build up the strength and improve the blood, take an iron tonic such as "Ironie," manufactured by Dr. Pierce, to be had in tablets at drug stores, or some good herbal tonic such as Dr. Pierce's Golden Medical Discovery, made from wild roots and barks without alcohol, and put up in tablets or liquid.

MARKET REPORTS

TORONTO MARKETS

FARMERS' MARKET.

Butter, choice dairy	0.50	0.55
do., creamery	0.40	0.45
Margarine, lb.	0.37	0.40
Eggs, new laid, doz.	0.55	0.60
Cheese, lb.	0.40	0.45
Turkeys, lb.	0.50	0.55
Pow, lb.	0.45	0.50
Chickens, roasting	0.50	0.55
Strawberries, box	0.28	0.30
Asparagus, 3 bunches	0.15	0.20
Beans, new, qt.	0.10	0.15
Beets, new, bunch	0.10	0.15
Carrot, new, bunch	0.10	0.15
Cabbage, new, bunch	0.10	0.15
Cucumbers, each	0.05	0.10
Celery, head	0.10	0.25
Lettuce, 3 bunches for	0.10	0.25
Onions, imp. box	0.25	0.50
do., imp. lb.	0.05	0.10
do., green, bunch	0.05	0.10
Leeks, bunch	0.10	0.15
Parsley, bunch	0.10	0.15
Potatoes, bag	1.75	2.25
Rhubarb, 3 for	0.10	0.15
Radishes, 3 bunches	0.10	0.15
Sage, bynch	0.05	0.10
Spruce, each	0.20	0.25
Savory, bunch	0.05	0.10

MEATS WHOLESALE.

Beef, forequarters	15.50	17.50
do., hindquarters	25.50	27.50
Carcasses, choice	20.50	21.50
do., medium	18.50	19.50
do., common	15.50	17.00
Veal, common, cwt.	13.00	15.00
do., medium	20.00	23.00
do., prime	25.00	28.00
Heavy hogs, cwt.	23.00	25.00
Shop hogs, cwt.	23.00	25.00
Abattoir hogs, cwt.	23.00	25.00
Mutton, cwt.	18.00	20.00
Lamb, lb.	0.23	0.32
Spring lamb, each	12.00	14.00

SUGAR MARKET.

Acacia granulated, 100-bags	\$10.75
do., No. 1 yellow	9.75
do., No. 2 yellow	9.50
do., No. 3 yellow	9.50
Atlantic granulated	10.16
do., No. 1 yellow	9.75
do., No. 2 yellow	9.50
do., No. 3 yellow	9.50
Dominion granulated	10.16
do., No. 1 yellow	9.75
do., No. 2 yellow	9.50
do., No. 3 yellow	9.50
St. Lawrence granulated	10.16
do., No. 1 yellow	9.75
do., No. 2 yellow	9.50
do., No. 3 yellow	9.50
Barrels—50 cwt. bags	
Cases—20 5-lb. cartons, 60c. and 50 3-lb. cartons, 70c. over bags. Canines, 5 20-lb. 60c.; 10 15-lb., 50c. over bags.	

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:—	
Oats, Open, High, Low, Close	
July	0.77 0.78 0.77 0.77
Oct.	0.73 0.74 0.73 0.74
Dec.	0.73 0.73 0.73 0.73
Flax	
July	4.73 4.75 4.73 4.73
Oct.	4.29 4.30 4.29 4.30
Barley—	
July	1.29 1.29 1.27 1.29
Oct.	1.16 1.18 1.16 1.17

MINNEAPOLIS GRAINS.

Minneapolis—Flour unchanged; shipments, 45,444 bbls. Barley, \$1.05 to \$1.12. No. 2, \$1.05. Bran, \$3.00. Flax, \$4.50 to \$4.92.

