

New Song Free

"Golden City," one of our best. Enclose 2c. stamp.

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Medicine Hat

Send us the names and addresses of ten or more of your friends who will be interested in our new series of popular sacred songs, "Life Songs," and we shall send you a copy of the

estimated, although something of the vast uplift that it has so largely as-

Pimples Off In 5 Days

The New Calcium Sulphide Treatment Does Wonders to Every Kind of Skin Eruption.

Trial Package Sent Free To Prove It.

You don't want to wait forever and a day to get rid of your pimples or other skin eruptions. You want to get rid of them right now. Next week you may want to go somewhere where you wouldn't like to have to take the pimples along.

You can get rid of them just in time by taking Stuart's Calcium Wafers.

These wonderful little workers have cured bad boils in three days, and some of the worst cases of skin disease in a week.

They contain as their main ingredient the most thorough, quick and effective blood cleanser known, calcium sulphide.

Remember this, too, that most pimple treatments reek with poison. And they are miserably slow besides.

Stuart's Calcium Wafers have not a particle of poison in them. They are free from mercury, biting drugs or venomous opiates. This is absolutely guaranteed. They cannot do any harm, but they always do good,—good that you can see in the mirror before your own eyes a few days after.

Don't be any longer humiliated by having a splotchy face. Don't have strangers stare at you, or allow your friends to be ashamed of you because of your face.

Your blood makes you what you are. The men and women who forge ahead are those with pure blood and pure faces.

Stuart's Calcium Wafers will make you happy because your face will be a welcome sight not only to yourself when you look into the glass, but to everybody else who knows you and talks with you.

We want to prove to you that Stuart's Calcium Wafers are beyond doubt the best and quickest blood and skin purifier in the world—so we will send you a free sample as soon as we get your name and address. Send for it to-day, and then when you have tried the sample you will not rest contented until you have bought a 50c. box at your druggist's.

Send us your name and address to-day and we will at once send you by mail a sample package, free. Address F. A. Stuart Co., 461 Stuart Bldg., Marshall, Mich.

sisted can be seen already. It has set a high standard of what a Cathedral ought to be, and of the part it ought to take in the life of the community; and it has set a standard of public worship that is restrained, and dignified, and Catholic, and which, even those Churchmen who delight to call themselves Protestants, would not care to see lowered. Dean Gregory goes to a well-earned retirement with the warmest wishes of all who love the Church of England, both in the Mother Land and in all parts of the Empire.

Children's Department

THOUGHTS FOR 4th SUNDAY IN LENT.

"Jerusalem which is above is free."

Ours is the glorious liberty of the sons of God. The yoke of Christ frees from an infinite servitude, from the servitude of the world, of self, from the thralldom of the Prince of darkness. Christ's easy yoke is but the badge of that most glorious freedom which we possess as citizens of the Eternal Kingdom of our Father! Shall we then rebel against that light burden? It is irksome only to those who are willing slaves to the world, the flesh and the devil, but to those who take it gladly upon themselves it brings the untold blessings of heavenly joy and peace.

These quiet weeks of Lent with their calls to self-examination and repentance and self-denial, with their meditations upon the sorrows and the sufferings of Jesus, with their commemoration of His fast of forty days, leading up to that height of anguish and agony, and to the shameful cross endured for us—these weeks of Lent, what are they, rightly understood, but the taking that yoke upon us. Is it an irksome yoke? O surely not to those who for their dear Lord's sake accept it! To such it becomes only another name for sweet and perfect freedom! From such the world with its allurements, with its temptations and its cares falls off and leaves them with hearts at liberty for the sweet service of their King. Self by being denied loses its power, and Satan, being resisted with new strength, will flee away.

Lent may bring us into such close and blessed contact with our Lord that in it we may taste a joy which no earthly pleasure can approach, a peace passing understanding which the world cannot give, but if the hallowed season is to bring us nearer than ever before to the feet of Jesus we must be very earnest, very real in our fulfilment of its duties, in our acceptance of its aid. Jerusalem which is above is free, but if we would taste the blessedness of its

liberty, we must be citizens not in name only, but in heart.

THE PASSOVER.

In these days of Lent there is constant reference to the Passover. If our readers will turn to the twelfth chapter of Exodus or to their prayer books, they will find the story set out. On the tenth day of the month each family was to choose a lamb and keep it spotless until the fourteenth. On the close of that day it was to be slain and the blood was to be sprinkled on the two side posts and the upper door post of each house by a bunch of hyssop, and all the people were to remain indoors. Then the lamb was to be roasted, two stakes being run through it, one crossing the other. Then all who joined in the feast were to stand round the table with shoes on, staff in hand, with loose girdle and eat the Passover in haste as ready and anxious to depart from Egypt. There was to be no leaven in the house. The lamb was to be eaten with unleavened bread and bitter herbs and what was left, cast into the fire.

THE CHURCH CATECHISM.

Did it ever strike you that the simple, noble, old Church Catechism without one word about rewards and punishments, heaven or hell, begins to talk to the child like true English Catechism, as it is, about that glorious English key-word, Duty? It calls on the child to confess its own duty, and teaches it that its duty is something, most human, simple, every-day, commonplace if you wish to call it so. And I rejoice in the thought that the Church Catechism teaches that the child's duty is commonplace. I rejoice that in what it says about our duty to God and our neighbour, it says not one word about counsels or perfections, or those frames and feelings which depend, believe me, principally on the state of people's bodily health, or the constitution of their nerves and the temper of their brain; but that it requires nothing except what a little child can do as well as a grown person, a labouring man as well as



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a divine, a plain farmer as well as the most refined, devout, imaginative lady.—Kingsley.

In Search of Beauty

You Must First Win Health by Getting the Blood Rich and Red.

DR. CHASE'S NERVE FOOD

Every man and every woman has an individual idea of what constitutes beauty.

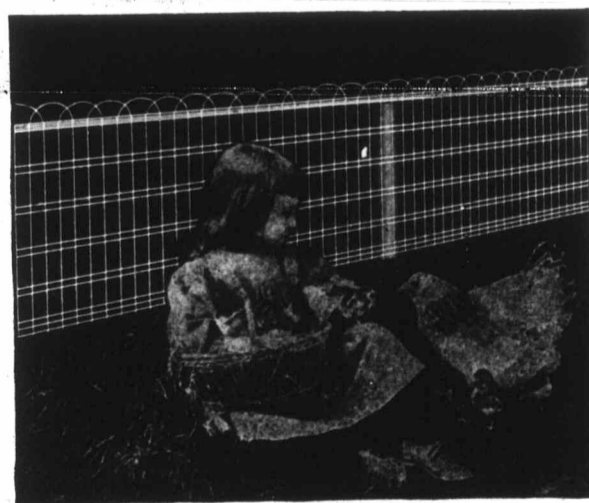
Is beauty skin deep or does it depend on the glow which health alone can give? Is it due to regularity of feature or to the gracefulness and elasticity which accompany health and vigor?

To win beauty you must first gain health. Rich, red blood is the secret. Dr. Chase's Nerve Food is successful and popular because it forms rich, red blood and in this way gives gracefulness to every movement and a healthful, natural glow to the complexion.

Thin blood and weak nerves soon give one a tired, worn out appearance. Worry and anxiety show themselves in wrinkles and care lines. Dr. Chase's Nerve Food enriches the blood, restores vigor to the nerves and drives away headaches and bodily pains.

By filling the arteries with new, red blood, Dr. Chase's Nerve Food rounds out the form to healthful proportions, makes the muscles and tissues firm and strong, and gives vivacity to mind and body.

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