

SCIATICA

Would you be rid of that sticking pain... sciatic nerve... every movement... have found lasting relief in

Templeton's Rheumatic Capsules

Many doctors prescribe them. Write Templeton, 142 King St. W., Toronto, for free samples. Sold by reliable druggists everywhere for \$1.04.

SUNDAY SCHOOL LESSON

Sunday School Lesson VII. May 16, 1920, Victory Under Samuel, 1 Samuel 7:2-17. 7:2-12.

Commentary.—I. Israel desiring the Lord (v. 2.) 2. While the ark abode in Kirjath-jearim... 3. Samuel's Judgship (vs. 15-17).

II. Confession and prayer (v. 3-8). 3. Samuel... 4. Did not... 5. Gather all Israel to Mizpeh.

III. Victory for Israel (vs. 9-14). 9. A burnt offering wholly unto the Lord... 10. The Lord thundered with a great thunder.

IV. Victory, rest, restoration. 11. Victory, rest, restoration. The Philistines unshined themselves the occasion for the fulfillment of the promise by attacking Israel.

Worms are encouraged by morbid conditions of the stomach and bowels, and so subsist. Miller's Worm Powder will alter these conditions almost immediately and will sweep the worms away.

3.—Whedon, smitten before Israel—Heretofore Israel had been smitten before the Philistines. 11. pursued the Philistines—They followed up the advantage the Lord gave them.

13, 14. 7:3 expression that had afflicted Israel for a period of forty years was at an end, and the Lord restrained the Philistines from making fresh inroads into the territory of Israel.

IV. Samuel's Judgship (vs. 15-17). Samuel was a prophet as well as a judge. The Lord spoke to him and he delivered the message to those for whom they were given.

Questions.—What exhortation did Samuel give to Israel? What reform took place in Israel? How did the Israelites show their return to the Lord?

PRACTICAL SURVEY

Topic:—Qualifications for leadership.

I. A great leader prepared. II. A penitent and pardoned people. III. Victory, rest, restoration.

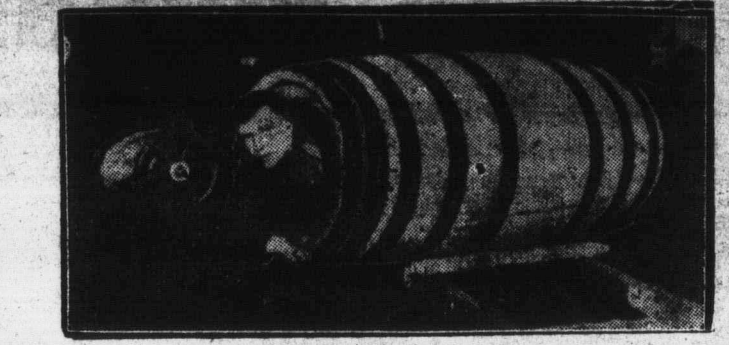
The history of the Philistine possession of the ark is full of interest and instruction. Its presence in the house of their god Dagon was disastrous to that idol.

1. A great leader prepared. A great leader must be great both intellectually and morally. Up to the present time we have no express communication from Samuel himself.

11. A penitent and pardoned people. Confession must be attested by deeds of penitence. The first expression of penitence was to "put away the strange gods."

III. Victory, rest, restoration. The Philistines unshined themselves the occasion for the fulfillment of the promise by attacking Israel; as the opposition of Pharaoh gave occasion for God to fulfill his promise to Abraham.

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WANTS TO RISK HIS LIFE IN IT. In this barrel Mr. C. C. Stephens, of London, Eng., intends to "shoot" the Niagara Falls. He has already performed a number of daring feats, and proposes to test the barrel and its breathing apparatus in London before he comes over to this country to try the dangerous trick.

DELICATE GIRLS MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

If growing girls are to become well developed, healthy women their blood supply must be carefully watched. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood.

Dr. Williams Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus promptly restoring health and strength.

FRUIT DESSERTS.

There are many refreshing fruit desserts to be made from fruit on the market, fresh or dried, that will be a more fitting end to the hearty meals of the nourishing winter season.

FIG BLANC MANGE.

Use your favorite recipe for blanc mange using the proportions for a quart of milk. While hot, add a half pound of washed figs cut in small pieces and cooked until tender.

SCALLOPED APPLES.

Butter a deep baking dish or casserole. Starting with the crumbs from a stale loaf of bread and three cupsful of sliced apples, alternate crumbs and apples in thin layers, pouring over each melted butter and sprinkling with sugar and nutmeg.

Asthma Doesn't Wear Off Alone.

Do not make the mistake of waiting for asthma to wear away by itself. While you are waiting the disease is surely gathering a stronger foothold and you live in danger of stronger and yet stronger attacks.

Species of Fern.

The island of Mauritius, less than one-third the area of Delaware, has 235 native species of ferns; Java, a little larger than New York, has 460, while Brazil contains 337. All Europe furnishes but sixty-seven species, the arctic zone, 26; North America, north of Mexico, has about 100 native species.

PROFESSIONAL CRUELTY.

"The trouble with this tooth," said the dentist, probing it with a long, slender instrument, "is that the nerve is dying."

Worms feed upon the vitality of children and endanger their lives. A simple and effective cure is Mother Graves' Worm Exterminator.

She—I don't think it is right to say a woman can't keep a secret. He—What makes you say that? She—No woman ever tried.—The Widow.

POULTRY WORLD

A Frightful Death, Suffocated by Asthma. The Dread of Such An Unhappy End Oppresses Every Sufferer.

Every sufferer from Asthma knows the terror, the abject fear that overcomes them when struggling for breath. The old-fashioned remedies may relieve, but never cure.

WEEDS OF USE.

According to an expert connected with the Department of Agriculture at Washington, most of the weeds are our best farmers, contrary to the usual belief.

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moved from place to place, thus providing the chicks with fresh ground to range over. Elevating a house six inches above the ground will help to keep the floor dry, by means of the circulation of air, and the space under the house will also provide shelter for the chicks.

In placing the chicks in their growing house for the first time, it is best to confine them for several days by erecting a temporary yard wherein they can run for five or six days, until they learn where to return when the fence is removed and they are allowed their liberty.

COMMERCIAL CHICK FEED

When one has only a few chickens it is less trouble to purchase prepared chick feeds, but where a considerable number are reared it is sometimes cheaper to buy the finely cracked grains and mix them together.

MEATS-WHOLESALE

Beef, forequarters, cwt. 15.50 17.50 Do, do, medium 13.50 15.50 Do, hindquarters 25.00 28.00 Do, do, medium 21.00 23.00

SUGAR MARKET.

The wholesale quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows: Atlantic Granulated, 100-lb. bags, \$19.25 Do, No. 1 yellow, 100-lb. bags, \$19.25

OTHER MARKETS.

WINNIPEG EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows: Open, High, Low, Close. Oats—May 1.19% 1.20 1.15% 1.19%

MINNEAPOLIS.

Minneapolis—Wheat—Spot—No. 1 Northern, \$3.10 to \$3.20. Flour unchanged. Great—\$2.40. Wheat—Receipts—29 cars, compared with 239 cars a year ago.

TOO WELL COACHED.

Lawyer Won His Case, Lost His Fee.

It would not be fair to assume, on the strength of a single instance, that collusion between counsel and client is of frequent occurrence, but in earlier times, before the advent in court of expert testimony, when the tests of mental derangement were legal and not medical, it is conceivable that the barefaced "arrangement" here quoted from the Washington Post might get past a judge.

The Shepherd Moon.

I saw a wonderful thing last night In the pasture of the sky; The shepherd Moon was guarding her flock, As the sheep went filing by.

Her Ears Open.

A little girl who always has her ears open for the conversation of her elders, heard her grandmother diagnosing a case of the hives. Later this little girl noticed a red spot on her arm.

HOUSING GROWING CHICKENS

Growing chicks should be provided with a house that will give them a place to stay in bad weather and at night. No particular styles of house is recommended, but it should be so built that it will provide ample ventilation, dryness, sunlight, freedom from draughts, and arranged so it can be cleaned easily and frequently.

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MARKET REPORTS

TORONTO MARKETS

FARMERS MARKET.

Dairy Produce—Butter, choice dairy 0.62 0.68 Do, creamy 0.70 0.80 Margarine, lb. 0.37 0.40 Eggs, new laid, doz. 0.15 0.15 Cheese, lb. 0.35 0.40

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