

NEGLECTED COLDS Lead to Consumption

Unless a complete cure is effected the inflammation passes rapidly to the throat bronchial tubes, and then to the lungs.

Catarrhzone Guaranteed to Cure

The purest balsams and the greatest antiseptics are sent to every spot where catarrhal trouble exists—germs are killed, foul secretions are destroyed, nature is given a chance and cure comes quickly.



LESSON IV. Ruth's Wise Choice. 1: 14-22.

COMMENTARY. — 1. A Hebrew family in Moab (vs. 1-5). We are not told at what time during the period of the judges Elimelech and his family left Canaan for Moab.

II. Preparing to return to Judah (vs. 6-9). After living in Moab ten years, Naomi decided to return to the land of her fathers.

III. Choices made (vs. 10-18). Naomi's attempt to send her daughters-in-law back to their people was not wholly successful.

IV. Ruth's wise choice. The real narrative, as it concerns the true history of Ruth, commences with Naomi's decision to return to the land of Judah.



side her daughters-in-law to return, but still they cling to her.

14. They lifted up their voice and wept again. The Oriental is demonstrative in their grief. They wept aloud.

16. Intreat me not.—Ruth's mind was made up. She had chosen to go with Naomi.

18. Steadfastly minded.—Naomi was convinced that Ruth's choice was fully made and further argument and entreaty were useless.

19. To Bethlehem.—Bethlehem is five miles south of Jerusalem and a very ancient city. The journey of Naomi and Ruth was but a short one.

20. Call me not Naomi.—The name means pleasantness. The sorrow of Naomi had been many and heavy, and when the people of Bethlehem said, "Is this Naomi?" she was unwilling to have that name applied to her.

21. I went out full.—She had her husband and her two sons, and she was satisfied, even though they were moved by famine to seek another country.

22. The beginning of barley harvest. In the harvest is in April in the region of Bethlehem. As the harvest season was on, Ruth had come there in time to take part in the gleanings.

23. What family went from Bethlehem to Moab? What led them to go? Who were Orpah and Ruth? How long was Naomi in Moab? What chance came to the family in Moab? Why did Naomi decide to return to Bethlehem? What choices did Orpah and Ruth make with regard to going with Naomi? What arguments did Naomi use to persuade her daughters-in-law to return to their mothers' houses? How did Ruth express her decision?

24. The power of personal influence. I. Ruth's wise choice. II. Its reward. The book of Judges, which we have been studying, covers historically the period from the conquest of Palestine and the death of Joshua to the judgeship of Samuel and the introduction of the monarchy.

25. Ruth's choice. The real narrative, as it concerns the true history of Ruth, commences with Naomi's decision to return to the land of Judah.

humble and lonely task, a stranger in a strange land. What appeared an accident in her choice of fields was with God's providence. Her purpose was to glean for daily sustenance; God's purpose was to direct her way to the meeting with Boaz. "Providence" to the righteous are but the fulfillment of the promises. Boaz is presented to us in the beautiful story, as a forerunner and type of Christ, the Kinsman and bridegroom Redeemer.

SAFE AND EFFICIENT HOME TREATMENT

MANY WEAK AND AILING PEOPLE WHO HAVE BEEN HELPED STRONGLY RECOMMEND DR. WILLIAMS' PINK PILLS

There is only one way to build up a run-down system if the blood is pale and thin. Many diseases are caused by thin blood. Other diseases such as influenza and rheumatism cause the blood to become thin and the "wasting" effect of these disorders cannot be combated successfully until the blood is restored to its normal condition.

Dr. Williams' Pink Pills do one thing and do it well. They build up the blood increasing the number of red corpuscles. As this is done the blood becomes a richer red and is able to carry more oxygen, the great supporter of human life.

Here is the statement of one person among thousands who have used Dr. Williams' Pink Pills to their own great advantage. Mrs. A. Ventnor, Hemford, N. S., says: "For about two years I was a great sufferer from indigestion, which seemed to carry with it a complication of other troubles. Every meal I took brought with it misery, as it was followed by pain and sometimes nausea and vomiting. At other times gas would form in the stomach to such an extent that my heart would palpitate at an alarming rate.

RECOGNIZED THE DESCRIPTION. "Daddy." "What's a she-dragon?" "Now, my son, not another word against your aunt."

TRYING TO GET EVEN. (Washington Star.) "Your husband now spends all his evenings at home." "Yes, he wants to get as much use out of the flat as possible before the landlord raises the rent again."

WOOD'S PHOSPHODINE. The Great English Preparation. Jones and invigorates the whole nervous system, makes new Blood in old veins. Used for Nervous Debility, Mental and Brain Worry, Headache, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 35c per box, 50c for 35. Sold by all druggists, or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

A. McKIM, LIMITED, ADVERTISING AGENCY OPENS ANOTHER OFFICE.

B. B. Stewart to Take Charge in Hamilton.

A. McKim, Limited, with offices in Montreal, Toronto, Winnipeg, and London, Winnipeg, London, England, has added a fifth office, at Hamilton, Ont.

The Liverpool of Africa

Dakar, which is seldom heard about, promises to be a focal point in the expected rivalry of European countries with the United States for trade with South America—a possibility that everyone is hearing a great deal about just now.

There is nothing ugly in a woman's foot. And yet the fashions are predicated on the assumption that the foot which the good Lord gave to woman is ugly—something to be ashamed of and camouflaged and distorted out of its real shape.

Variety in Diamonds. Each of the great mines owned and worked by the great De Beers Company in the Kimberley district produces diamonds with well-marked characteristics.

A Corrector of Pulmonary Troubles.—Many testimonials could be presented showing the great efficacy of Dr. Thomas' Electric Oil in curing disorders of the respiratory process.

Libraries Discouraged. Sunday newspapers are said to have been started between 1780 and 1785. Circulating libraries were first set up in London in 1750, and in Birmingham in 1751.

A Meat Loaf Suggestion. Wrap your meat loaf in oiled paper before baking it, if you wish to keep the juices in, and prevent the formation of a hard crust on the outside.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS. Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. Martel's Female Pills.

WOMEN'S FEET AND WOMEN'S HEALTH

Yesterday I walked up Beaver Hill behind a woman. As she was higher than I all the time on the steep ascent I couldn't help noticing her foot movement.

Women are able to get around upon such boots simply because by practice we can learn to do almost anything. But no woman can ever be comfortable if she has to do much walking in high-heeled boots.

There was a French ruler—a little, under-sized, unimpressive man—who wanted to be tall and kingly in appearance, so he took the idea of the Chinese ratay day sandals.

Women who were just as silly, and perhaps as short or shorter than the king, adopted the style, and since then French heels have been both fashionable, foolish and uncomfortable.

Winnipeg Exchange. Fluctuations on the Winnipeg Grain Exchange were as follows: Open. High. Low. Close.

MINNEAPOLIS. Minneapolis—Flour unchanged. Bran, \$9.00. Wheat—Cash, No. 1 Northern, \$2.25 to \$2.35.

Honey's Value. When the food value of honey is reduced of figures we are surprised to find that a pound section of honey (about 14 ounces net) contains as many calories as 20 eggs.

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MARKET REPORTS TORONTO MARKETS

Table with columns for Dairy Produce, Dressed Poultry, Fruits, Vegetables, MEATS-WHOLESALE, and SUGAR MARKET. Lists various items and their prices.

Table for WINNIPEG EXCHANGE showing fluctuations on the Winnipeg Grain Exchange with columns for Open, High, Low, Close.

Table for MINNEAPOLIS showing prices for Flour, Bran, Wheat, and Corn.

Table for HONEY'S VALUE showing prices for various types of honey.