

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.

You can't make new lungs any more than you can make new fingers or a new nose—hence consumption is practically incurable.

But Catarrh can be cured, except in its final and always fatal stage.

Catarrhazone Guaranteed to Cure

The purest balsams and the greatest antiseptics are sent to every spot where catarrhal troubles—colds, croup, whooping cough, etc.—are destroyed, nature is given a chance and cure comes quickly.

Colds and throat troubles can't last if the pure healing vapor of Catarrhazone is breathed—sneezing and coughing cease at once, because irritation is removed.

Use Catarrhazone to prevent—use it to cure your winter cold—its pleasant, safe, and guaranteed in every case.

Two months' treatment, large size, guaranteed to cure, price \$1; small size, 50c; sample size, 25c; sold everywhere.



LESSON IV. April 25, 1920.

Ruth's Wise Choice. 1; 14-22.

COMMENTARY.—I. 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. It has been thought by many that it might have been during the years in which the Midianites were overrunning the land of Israel and robbing the people of their produce. There may have been a famine because of long-continued drought. It is clear, however, that scarcity of food led this family, consisting of Elimelech, Naomi, his wife, and their sons, Mahlon and Chilion, to seek better conditions in the land of Moab. The ten years spent by Naomi there were full of distressing experiences. Her husband died. Her sons married women of Moab. Later the sons died, leaving her alone with her two daughters-in-law, Orpah and Ruth. Jews are disposed to consider the affliction that came to this family in the light of punishment, inflicted upon them for leaving the land of Israel and going into a heathen country, and for intermarrying with people of another race and religion. However this may be, we have the assurance that the Lord, by a peculiar train of providences, brought high honor to Ruth because of her choosing to live and die among God's people.

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. She had heard that there was food in Judah, and her attachment to her own country was strong enough to lead her to make arrangements to go back there. Moab was a country forty or fifty miles from north to south and about twenty-five miles from east to west, and the Jordan River and the Dead Sea, and the journey from there to Bethlehem in Judah was not long. As news spread slowly

about the return of Naomi, her daughters-in-law, Orpah and Ruth, were both grieved. Orpah, however, decided to stay in Moab with her second husband. Ruth, however, was determined to go with Naomi. This decision was made in a moment. Ruth had heard that there was food in Judah, and her attachment to her own country was strong enough to lead her to make arrangements to go back there. Moab was a country forty or fifty miles from north to south and about twenty-five miles from east to west, and the Jordan River and the Dead Sea, and the journey from there to Bethlehem in Judah was not long. As news spread slowly

SPRING FEVER Following Colds, Grip or Flu, This, Watery or Poisoned Blood

(By Dr. Valentine Mott.)

At this time of year most people suffer from what we term "spring fever" because of a stagnant condition of the blood, because of the toxins (poisons) stored up within the body during the long winter. We eat too much meat, with little or no green vegetables.

Bloodless people, thin, anemic people, those with pale cheeks and lips, who have a poor appetite and feel that tired, worn or feverish condition in the spring-time of the year, should try the refreshing tonic powers of a good alternative and blood purifier. Such a tonic as Dr. Pierce's Golden Medical Discovery, it is a standard remedy that can be obtained in tablet or liquid form. Made without alcohol from wild roots and barks.

TILLSONBURG, ONT.—"Ever since I can remember Dr. Pierce's medicines were used in our family and they never failed to give good results. The Golden Medical Discovery was used as a tonic and blood purifier and for bronchial troubles and it proved excellent. I have personally taken it for bronchial troubles and the 'Favorite Prescription' to build me up when I was run-down and they were both very beneficial."—Mrs. CLIFFORD MITCHELL.



then, it was doubtless some length of time after there came to be plenty in Judah that Naomi knew that the Lord had given bread to her people. When she started on her way, Orpah and Ruth, her daughters-in-law, accompanied her for some distance because of their affection for her. When Naomi thought the time had come for them to go back, she tried to prevail on them to go to the homes of their respective mothers, praying the Lord to grant them mercy, as they had dealt kindly with their husbands, her sons. She thought they would be better off to remain in their own land and among their own people than to go into the land of Israel, for she must have known well the attitude of her people toward other nations. She prayed that each of them might "find rest." To find rest is in Oriental expression for entering the marriage state. This is in general the divine order for men and women and they who are happily married are restful. Naomi thus made for Orpah and Ruth the best wish and prayer possible. The time had come, as she thought, for them to part. She was leaving the place where her loved ones had died, and therefore, in a sense, sacred to her, and she must bid her daughters-in-law farewell to continue her journey alone. The leave-taking was affecting; "they lifted up their voice, and wept."

III. Choices made (vs. 10-18). 10-13. Naomi's attempt to send her daughters-in-law back to their people was not wholly successful. She had so conducted herself that she had won their affection and her influence over them was strong and good. So greatly were they taken up with her that they would bid farewell to country and kindred rather than say good-bye to her. She told them that she had no more sons, and it was useless to go with her with any expectation of their having sons of hers for husbands. If she should be married again and have sons, Orpah and Ruth would not wait for them to become grown to marry them. Naomi used her strongest arguments and the utmost of her influence to her efforts to return, but still they clung to her.

14. They lifted up their voice and wept again.—The Orientals are demonstrative in their grief. They wept aloud. Orpah kissed her mother-in-law.—The last sad kiss of a tearful separation; after which she, unlike Ruth, turned back to her people and her gods. The great deity of the Mo-



abites was Chemosh (Num. 21:29; Judges 11:24). Ruth gave unto her. Ruth was not yet convinced that it was best for her to return, nor was she persuaded to do so. 15. Return thou.—Naomi tried to use to advantage the argument that Orpah had gone back.

16. Intreat me not.—Ruth's mind was made up. She had chosen to go with Naomi. Orpah might choose to return, but she was determined to go to the land of Israel. Whether thou goest, I will go.—There was no hesitancy on Ruth's part. She knew she was going among a strange people, but she also knew the course she had chosen was the right one. Thy people shall be my people.—Ruth severed forever her connection with her country and people, for she had found a better people and a better country. Thy God my God.—This was an expression of her determination to love and serve the true God alone. 17. There will I be buried.—The choice Ruth made was to be in force to the end of life. It was not an experiment with her. It meant everything to her to make the choice and she would never go back from what she had decided. 18. Stedfastly minded.—Naomi was convinced that Ruth's choice was fully made and further argument and entreaty were useless, therefore she said no more against her going with her.

IV. Naomi and Ruth in Bethlehem (vs. 19-22). 19. To Bethlehem.—Bethlehem is five miles south of Jerusalem and a very ancient city. The journey of Naomi and Ruth may have been seventy-five miles in extent, but probably less. All the city was moved.—The return of a former resident after an absence of ten years would naturally arouse a considerable interest, and for her to come back alone, her husband and two sons having died in Moab, would excite the pity of her friends. 20. Call me not Naomi.—This 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. Call me Mara.—She thought the name, meaning bitterness, would be more applicable to her. Ruth dealt very bitterly with me.—Her mind was taken up at this time with a comparison of her surroundings and prospects as she went forth with her family from Bethlehem, with her surroundings as she returned ten years later. 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. The Lord hath brought me home again empty.—Evidently she recognized the hand of the Lord in the bereavement that came to her. The Lord made use of the situation to work out His great plan in arranging the ancestry of our Savior. Naomi did not realize the place and value of



Ruth in the plan. She little expected that through Ruth's energy and faithfulness as a gleaner and by her amiability she would become the wife of Boaz and thus have a place in the family from which would come a line of kings and from which the Messiah would appear. She esteemed the affection and character of Ruth, but she did not know her important place in God's dealings with men. 22. In the beginning of barley harvest. 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.

Questions.—Where is Moab? What family went from Bethlehem to Moab? What led them to go? Who were Orpah and Ruth? How long was Naomi in Moab? What change came to the family in Moab? Why did Naomi decide to return to Bethlehem? What choice 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?

PRACTICAL SURVEY.

Topic.—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. It is a record of declensions and deliverances, three succeeding that of Gideon. The book which forms our present study is in striking contrast, but closely connected. In the ancient Hebrew canon it formed a part of the Book of Judges. It forms a connecting link between the book of Judges and Samuel, carries the history and the gentle histories. The simple story is replete with great truths and forcibly illustrates the important fact that God has never left himself without witness.

I. 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. Ten years sojourn in Moab had brought both bereavement and poverty. The commendation and benediction of Naomi and her solicitude for the well-being of her daughters-in-law afforded a picture of a loving, harmonious household, as rare as it is beautiful. She would neither deceive them nor permit them to deceive themselves in their decision. She could make them no offer of temporal good. She knew that they had friends in Moab, none in Judah. The decision embraced the deepest and most solemn issues. In reality it was a choice between Jehovah and Chemosh. So Orpah understood it, and though with tears returned to her people and her gods (vs. 16, 17), so Ruth understood it, and in her decision intelligently embracing all it involved (vs. 16, 17), went forward in resolute self-surrender to her highest convictions with a heroism seldom unequalled, though from the human side, without hope.

II. Its reward. Ruth's choice was made without promise or outlook. So was that of Moses (Heb. 11:24, 25) and of the Hebrew children (Dan. 3: 16-18). The paths of righteousness are the ways of providing. In her deep necessity Ruth pursued her humble and lonely task, a stranger in a strange land. What appeared an accident in her choice of fields was with God a providence. Her purpose was to glean for daily sustenance; God's purpose was to direct her way to the meeting with Boaz. "Providences to the righteous are but the fulfillment of the promises." Boaz is presented to us in the beautiful story, as a forefather and type of Christ, the Kinsman and bridegroom Redeemer. The short-sighted policy of the nearest kinsman (Ruth 4: 6) doomed him to oblivion and afforded opportunity for the execution of the gracious and benevolent purpose of Boaz, the next of kin (Ruth 4: 9, 10). To him succeeded the right of redemption, and the purchase included the marital relation with Ruth (Ruth 4: 10). Christ has redeemed the forfeited inheritance and with it purchased his redeemed bride. In becoming the wife of Boaz, Ruth was lifted from poverty to affluence, from oblivion to everlasting honor in the ancestry of the world's Redeemer; and directly connected the Gentile world with the visible processes or redemption. W. H. C.

DR. MARTEL'S PILLS FOR WOMEN'S AILMENTS

Thousands of women have testified in the last 10 years regarding the healing qualities of Dr. Martel's Female Pills. A scientifically prepared remedy for delayed and painful menstruation. Sold only in a Patent Blue Glass-Covered Box, at your Druggist, or direct by Mail, price \$1.00, Enclosed in a Pretty Case, 11 Front St. East Toronto, Canada.

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. Honey is classed among the carbohydrate foods, and is a source of heat and energy. When it is known that honey contains very little cane sugar and consists mainly of grape sugar and fruit sugar, it will be realized that honey is a predigested food directly available for the production of heat and energy. This explains why honey is unsurpassed for the relief of fatigue and enables us to understand why Jonathan, wearied in the long pursuit of the Philistines, was so immediately refreshed by a little honey. Nitrogenous matter occurs in the form of pollen grains always present as an accidental mixture, and there is nitrogen also in the albumen supplied by the bees in the elaboration of the honey. It has recently been shown that honey also contains those mysterious substances known as vitamins, in the absence of which an animal will lose weight, although supplied with a food ration that is otherwise adequate.

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.

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.

Pallor, nervousness, indigestion, sleeplessness, headaches, dizzy spells, shortness of breath, palpitation of the heart, these are a few of the symptoms of an anemic bloodless condition. Some of them are not naturally associated with thin blood, but the quickest way to overcome them is to make the blood rich and red.

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. As the blood improves in quality the tissues of the body are better nourished and the functions of the body are better performed. The glands of the stomach are stimulated and the first sign of improvement is usually a better appetite and better digestion.

Dr. Williams' Pink Pills have been used for years as a blood-making tonic and system builder with such good results that in every community there are many people who are recommending this remedy to their friends and to others who are afflicted.

Here is the statement of one person among thousands who have used Dr. Williams' Pink Pills to their own great advantage. Mrs. A. Ventot, 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. These conditions brought on extreme nervousness and irritability, and I found my general health so much affected, that the least exertion would tire me and I slept but poorly. I had been doctoring for several months, with no result beyond slight temporary relief, when I was advised by a friend to try Dr. Williams' Pink Pills. I decided to follow this advice and got a half a dozen boxes. Good results soon began to show from this treatment, and the further continued use of the pills have made me a well woman. I can cheerfully recommend Dr. Williams' Pink Pills to similar sufferers."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip and fevers. The pills are guaranteed to be free from opiates or any harmful drug and cannot injure the most delicate system.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

RECOGNIZED THE DESCRIPTION.

"Daddy."
"Yes."
"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."

PIMPLES ON FACE CUTICURA HEALS

Cured Disfigurement, Itchy and Burning, Had Restless Nights.

"My face came out in little pimples that were sore, and I scratched them constantly, and then they turned into scales, causing much disfigurement. The skin was so itchy that I irritated it by scratching. The burning was fierce, and I had many restless nights."
"This trouble lasted about a year before I used Cuticura Soap and Ointment, and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) W. Byrns, St. Basile, Que., Nov. 23, 1918.
"Take Cuticura Soap, Ointment and Talcum your daily toilet preparations."
"Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Dept. of Commerce, Licensed, St. Paul St., Montreal."
Cuticura Soap shaves without razor.

MARKET REPORTS TORONTO MARKETS

FARMERS' MARKET.

Dairy Produce—		
Butter, choice dairy	0 62	0 58
Do., creamery	0 59	0 56
Margarine, lb.	0 37	0 40
Eggs, new laid, doz.	0 55	0 60
Cheese, lb.	0 35	0 40
Dressed Poultry—		
Fowl, lb.	0 40	0 45
Chickens, roasting	0 40	0 45
Turkeys, lb.	0 55	0 60
Live Poultry—		
Chickens, lb.	0 25	0 35
Roosters, lb.	0 20	0 25
Fowl, lb.	0 25	0 35
Fruits—		
Apples, bkt.	0 50	1 00
Do. bbl.	0 50	1 00
Rhubarb, bunch	0 10	0 15
Vegetables—		
Beets, bag	0 25	2 50
Carrots, bag	0 15	1 78
Cabbage, each	0 15	0 40
Cauniflower, each	0 25	0 50
Celery, head	0 10	0 30
Leeks, bunch	0 10	0 20
Lettuce, leaf, 3 for	0 10	0 30
Lettuce, head, each	0 10	0 20
Onions, bkt.	0 65	1 10
Do, green, bch.	0 50	0 75
Potatoes, bag	0 50	0 50
Parsley, bunch	0 10	0 10
Parsnips, bag	2 00	2 25
Turnips, bag	0 00	1 25
MEATS—WHOLESALE.		
Do, hindquarters	26 00	23 00
Do, do, medium	19 00	24 00
Carcasses, choice, cwt.	21 00	23 00
Do, medium	17 00	20 00
Do, common	12 00	15 00
Veal, common, cwt.	16 00	18 00
Do, do, medium	13 50	15 50
Beef forequarters, cwt.	15 50	17 50
Do, medium	20 00	22 00
Do, prime	25 00	27 00
Heavy hogs, cwt.	20 00	21 00
Shop hogs, cwt.	25 50	27 50
Abslout hogs, cwt.	25 50	27 50
Mutton, cwt.	16 00	19 00
Lamb, yearling, lb.	0 25	0 21
Do, Spring, each	14 00	15 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 ... \$18.71
Do, No. 1 yellow, 100-lb. bags ... 18.31
Do, No. 2 yellow, 100-lb. bags ... 18.21
Do, No. 3 yellow, 100-lb. bags ... 18.11
Redpath granulated, 100-lb. bags ... 18.46
Do, No. 1 yellow, 100-lb. bags ... 18.06
Do, No. 2 yellow, 100-lb. bags ... 18.96
Do, No. 3 yellow, 100-lb. bags ... 18.78
Do, No. 4 yellow, 100-lb. bags ... 18.86
St. Lawrence granulated, 100-lb. bags ... 18.71
Do, No. 1 yellow, 100-lb. bags ... 18.21
Do, No. 2 yellow, 100-lb. bags ... 18.21
Do, No. 3 yellow, 100-lb. bags ... 18.11
Acadia granulated, 100-lb. bags ... 18.71
Do, No. 1 yellow, 100-lb. bags ... 18.21
Do, No. 2 yellow, 100-lb. bags ... 18.21
Do, No. 3 yellow, 100-lb. bags ... 18.11

OTHER MARKETS.

WINNIPEG EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:—

	Open.	High.	Low.	Close.
Oats—				
May ...	1 07 1/2	1 08 1/4	1 07 1/4	1 07 1/4
July ...	0 99 1/2	1 00 1/4	0 99 1/4	0 99 1/4
Barley—				
May ...	1 57 1/4	1 58	1 57 1/4	1 57 1/4
July ...	1 52	1 53	1 52	1 52 1/2
Flax—				
May ...	5 2 1/2	5 2 1/4	5 22	5 22
July ...	5 05	5 06	5 05	5 06

MINNEAPOLIS.

Minneapolis—Flour unchanged. Bran, \$4.00. Wheat—Cash, No. 1 Northern, \$2.95 to \$3.05. Corn—No. 3 yellow, \$1.05 to \$1.07. Oats—No. 3 white, 97% to 98%.

SAID OULJA.

"Well, now, Maud, wouldn't that jolt you? I just said to Oulja, 'Oulja, a penny for your thoughts.' And what's this she said?"
"What did she say, Sue?"
"Why, she said, 'nothin' goin'. Money has shrunk in purchasing power—a nickel please.'"
Wigg—"It takes constant exercise to keep in good physical condition."
Wagg—"Yes, even the fellow with a constitution of iron may get rusty."

WOOD'S PHOSPHODINE.

The Great English Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for Nervous Debility, Mental and Brain Worry, Dependancy, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, 5c for 5c. Sold by all druggists, or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.