

felt it her duty to consolation as she said: "Sandy, you are it I will follow you." Jean," said the man, so far as I am concerned be in any way about it."

St. Asaph has appointed Lewis H. Oswald, derwarden of Ruthin, Colwyn Bay, rendered death of the Rev. Roberts, and the Rev. M.A., Rector of honorary canon of dral, in place of the

Macpherson has been succeed the late Sir as organist of St. London. Mr. Macpherson in Edinburgh educated at St. Paul's in that city and the of Music. He held tment at Aberdeen, organist of St. Paul's widely and favour-a composer.

Waggett, S.S.T.E., a name is widely l over, has been for onths past working ongst the British western front. Rel conferred upon him heroic conduct in of more than one nder fire. On each by a miracle, he Dr. Waggett was r at Cambridge two

reports received at pt, 400,000 persons now receiving daily e American Relief engaged in relief : "Everything costs ch as before, so you t a state the people r children look like l is very dear and ery high. All the en taken away for mothers are miser-

f the Church of Ireated the Rev. Canon Rector of Bangor, the vacant Bishopric tishop-elect has had areer in Trinity Col-obtaining, amongst , a Scholarship and ibition. Most of his has been spent in Down, where he has t parishes of Christ and of Bangor. For was Rector of St. Canon Peacocke is y tastes and of wide

nt serious shortage seas is not due so

f Campana's Italian the hands and face d before thoroughly ent chapping. For gists, 25 cents the l size sample bottle receipt of ten cents , by E. G. West & rge Street, Toronto.

THE HEADINGS OF AGES AND DEATHS INSERTION

NOTICE into rest, on April 4th daughter, 106 Highlands Harris, late Incumbent of in his 70th year. lace on April 6th at St. to, after a service at St. ted by the Bishop of Wilkinson.

much to the work of submarines as to the abnormal increase in the demands made by the naval and military forces is shown by a report made recently by Admiral Sir Cyprian Bridge. The loss sustained by Great Britain is less than five per cent. of the total number of vessels flying the British flag and slightly over six per cent. of its total tonnage. On the other hand the increase in the number of vessels built in 1915 was 88, or an increase of 344,000 tons. Italy and Russia also show an increase, while France is short only 12,500 tons.

Boys and Girls

HOW THE YOUNGEST KNIGHT WON HIS SWORD

There was great excitement throughout the great court in front of the king's castle. The tanta-raa, tanta-raa, tanta-raa of the herald's trumpet echoed through the hills, and the knights came scurrying up from all directions. They had worked and waited for this hour for a whole year, and now it had come! On a nail near the king's throne hung the prize sword, and the diamond in the hilt was so bright that it rivalled the sun.

What a strange-looking band of knights they were! Some carried several swords strung to their horses and armour; some carried flags that were torn and ragged; some had lost an arm and some a leg. But all hurried eagerly forward at the call of their king. This was the day when the sword with the diamond in its hilt was to be put into the hands of the most worthy knight; the one who lived most nobly; the one whose actions were most approved by the king.

First, Sir Terrible stepped before his king; he showed the swords he had won.

"Yes," said the king, "but you took these in the night-time. The lord of the castle you attacked was ill and troubled; you took the swords in unfair battle. Such swords are no trophies.

And Sir Terrible hung his head and stood aside.

Next came Sir Bold. He held his head high and he showed the wounds he had received.

"Yes," said the king, "but the fight you fought was against the knight who had gone to help the dragon, Intemperance. That was no battle for a knight of mine to fight," and he moved Sir Bold aside.

Next came Sir Merry and he showed the flags he had won.

"Yes," said the king, "but one was the flag that floated from the good ship 'Mercy'; you were cruel when you took that flag," and his eyes filled with tears as he waved Sir Merry away.

Next came Sir Proud with a cloak flung over his shoulder.

"Yes," said the king, "but you took the cloak from one who needed it. It was the poor man's only treasure," and the king motioned this unworthy knight away.

And so he went through the lists; some had done brave deeds, but they were not done in the noble way the

king desired. The deeds of others were not good and brave at all, but only shams.

By-and-by the king came to the youngest knight of all, Sir Faithful. "And what trophy have you to show?" he asked.

"Nothing, O king; I have nothing to bring," and he hung his head.

"Nothing?" echoed the king.

"No; I did not get out of sight of the castle wall when I heard the

herald's call. I knew not that the time was passing so fast."

"Ah, but I understand, my faithful one. To-day, the little child whom you watched through the fever is playing in the meadow. To-day the old man whom you rescued in the highway is happy in his home. To-day the mother to whom you gave your purse is well and caring for her children. And the windows of the little chapel on the hill which you

were to polish are as bright as the diamond in the sword's hilt. You went there every week."

"But those things were only my duty, O king!"

"Ah, Sir Faithful; rightly you were named! Only your duty, little one! Did you think I asked for more?" and he placed the sword with the diamond in the hilt into the hands that had won.—Florence Brown, in the King's Builders.

THERE IS HEALTH IN RICH RED BLOOD

ANAEMIA

Disease germs take advantage of every weakness of the human system. Their greatest enemy is rich, red blood, but when the blood gets thin and watery they increase rapidly and easily gain the upper hand. In this way grip, pneumonia, consumption and other germ diseases get a foothold on the system almost before you know it.

Anaemia or poverty of the blood makes itself known by pallor of the gums, lips and inside of the eyelids, you feel weak and languid, the heart's action weakens, you are easily tired out and find yourself short of breath.

The blood is thin and watery, and is lacking in the red corpuscles which represent the nutritious element of the blood. Because Dr. Chase's Nerve Food increases the number of red corpuscles and thereby enriches the blood, it is the most effective means available of curing anaemia and fortifying the system against the attack of disease.

On account of the weakened condition of the blood from anaemia, there is always danger of developing Dropsy or Pernicious Anaemia, from which there is small chance of recovery.

With the use of Dr. Chase's Nerve Food to build up the richness of the blood, the color is soon restored to the pallid skin, and you find yourself gaining in health and strength. The heart's action is strengthened and gradually the muscular weakness is replaced by new vigor and energy.

Dr. Chase's Nerve Food is truly doing wonders for many thousands of anaemic men and women and puny boys and girls, whose blood has got thin and weak. Put it to the test and you will better understand why so many people are enthusiastic in its praise.

50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co. Limited, Toronto. Do not be talked into accepting a substitute. Imitations disappoint.

Dr. Chase's Nerve Food

Dr. Chase's Recipe Book, 1,000 selected recipes, sent free if you mention this paper.

IN ANSWERING ADVERTISEMENTS, PLEASE MENTION "THE CANADIAN CHURCHMAN."