

A MOTHER'S TRIALS

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the care of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.



Lesson I. Oct. 5, 1919.
John and Peter Become Disciples of Jesus.—John 1:29-42.

Commentary.—I. Jesus the Son of God (vs. 29-34). 29. The next day.—The next day after John the Baptist had received a deputation of priests and Levites from Jerusalem, who had come asking him who he was. John told them that he was "the voice of one crying in the wilderness, Make straight the way of the Lord," and that there was one standing among them who, coming after him, was preferred before him, whose shoes he was "not worthy to untie." This was something like six months after John the Baptist had commenced his ministry. He had preached to the multitudes who came to him from all directions and had baptized many. He saw Jesus coming unto him—John knew who Jesus was, for his baptism had already taken place. Behold the Lamb of God—John did not introduce Jesus as a king to rule Israel in splendor, but as a sacrifice to die for the sins of the world. To the Jewish mind the idea of a lamb was familiar. They knew the prophecy of Isaiah which shows the Messiah as a lamb brought to the slaughter. They knew of the Passover feast at which a lamb was slain and eaten commemorating the deliverance of the Israelites from Egyptian bondage, and they were familiar with the daily sacrifices at the temple. Which taketh away the sin of the world—Provision is thus made for the removal of sin from the heart and life of every believer in Jesus. These words of John the Baptist are a declaration of the fact and efficacy of the atonement that was to be made. The atonement was made. The two-fold mission of John the Baptist was to preach repentance and to point out the Messiah. To Israel—To the Jews.

32. Bare record.—Was a witness. I saw the Spirit descending.—This took place at the baptism of Jesus some time before this (Matt. 3:13-17; Mark 1:9-11; Luke 3:21-22). 33. The same said unto me.—There was no uncertainty in John's testimony. He knew that God had sent him to baptize with water, and he knew that he was divinely instructed how to recognize Jesus when he came. Baptize with the Holy Ghost.—John's baptism was outward; the baptism of the Holy Ghost is inward and purifying in its effect. It gives victory over sin, and imparts spiritual power. 34. This is the Son of God.—At Christ's baptism this declaration was made from heaven (Matt. 3:17).

II. Becoming followers of Jesus (vs. 35-42). 35. again the next day.—The day following the one on which John the Baptist said to the people, "Behold the Lamb of God." The records of his testimony as to Jesus are that on three successive days he declared that the people that Jesus was the Messiah. He gave witness of this fact to the priests and Levites who came from Jerusalem. He introduced Jesus to the multitudes. He declared this

truth privately to two of his disciples. two of his disciples.—We are not told how many disciples John the Baptist had. From this chapter we learn that some of them directly became followers of Jesus. From the account of his sending an inquiry from the place of his imprisonment, asking Jesus of his Messiahship, we know that he had disciples then. (Matt. 11:2-6); and he had disciples at the time of his death (Mark 6:27-29). 36. looking upon Jesus.—The verb has in it the thought of beholding with intense interest, behold the Lamb of God—"Behold, the Lamb of God!"—R. V. This announcement declared both the nature and mission of Christ. 37. they followed Jesus.—The two disciples were so impressed by the declaration the Baptist made and by the appearance of Jesus, that they were fully convinced that he was the Christ and henceforth became his disciples. It was but natural that they should do this, and John could not expect them to do otherwise. He was preparing the establishment of Christ's kingdom and was not interested in securing a following for himself. "They followed Jesus" as truly as their former master had herded his coming. They followed him when there was little in sight to attract them. They followed him because they were convinced that he was the "Lamb of God" to take away the sins of the world. They followed him through reproach and shame and through suffering, but they followed him to eternal triumph and bliss. 38. what seek ye.—"This was not asked to obtain information, was a kind of inquiry respecting their desires; an invitation to lay open their minds, to state their wishes, and to express all their own salvation." rabbi.—A Jewish title. Jesus forbade his disciples to accept it (Matt. 23:8). It means master, or teacher. Interpreted.—John explained the Hebrew term rabbi for the benefit of those who were not Jews. where dwellest thou? They wished to know where he lodged so that they could have an extended interview with him. 39. come and see.—Jesus gave them a hearty welcome. He recognized their sincerity and devotion, about the tenth hour. According to the Roman method of reckoning it would be ten o'clock in the forenoon, but according to the Jewish method it would be four o'clock in the afternoon. The latter was probably the hour.

40. One of the two.—was Andrew.—Andrew's name is the first mentioned in the list of Christ's disciples. There is no doubt as to the other one, for it must have been John, the writer of this Gospel. He always modestly refrained from mentioning his own name. 41. He first findeth his own brother Simon.—The language in the Greek word imply that each of the two disciples sought at once his own brother to bring him to Jesus, and Andrew succeeded first in bringing his brother Simon. Thus each disciple sought to bring some one to Jesus. This has ever been the method of advancing the cause of Christ. We have found the Messiah.—There was an expectation at that time that Christ was about to appear. It was wonderful news that Andrew carried to his brother. The fullness of time had come and he who was to redeem the world had been found. 42. He brought him to Jesus.—It was through human agency that Simon was brought into contact with the Saviour of men. Thou art Simon.—Though it is the first time that Peter ever saw Jesus, it is not the first time that Jesus, in spirit at least, ever saw Peter. He knows his parentage, his name and history. John—John. Thou shalt be called Cephas.—Jesus saw clearly the nature of Simon and what he might become through grace, and he changed his name accordingly. His new name meant rock and stood for solidity.

Questions.—By whom and for what purpose were priests and Levites sent to John the Baptist? What answers did John give to their questions? What was the twofold mission of John the Baptist? What was John's estimate of himself in comparison with Jesus? Give reasons why Jesus is called the Lamb of God. How did John recognize the Christ? What was it to be baptized with the Holy Ghost? What great witness was given that Jesus was the Son of God? What did John the Baptist announce to two of his disciples? Who were they and what course did they take?

PRACTICAL SURVEY.
Topic.—The claims of Christ upon all men.
I. A universal claim.
II. An individual claim.

John and Andrew are the only disciples of the Baptist whose names have been preserved to us. The former is the writer of the lesson, and by clear inference the associate of Andrew, whose name he records. They were the first to share the hospitality of Jesus and in the sacred intercourse to discover his true character and Messiahship (John 1:14), attested to their earlier master by the visible descent of the Holy Ghost. They were also among the first disciples of Jesus with their brothers James and Simon. Later all became members of the apostolic group chosen from the larger company of those who had attached themselves to Jesus. John and Peter were especially prominent and privileged among the apostles. The former came into relations particularly affectionate with the Master.

I. A universal claim. Jesus was the embodiment and manifestation of moral law and moral love. There were blended in him inexorable righteousness and immeasurable compassion. At his cradle "mercy and truth met together," and as his cross righteousness and peace "kissed each other." He fulfilled "all righteousness" for himself, and by his sacrifice satisfied its violated requirements for

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Remember the Date--- OCTOBER 20-22 National Educational Conference at Winnipeg

PROMINENT SPEAKERS—LIVE SUBJECTS

In advance of the definite programme in the form in which it will be issued at the time of the Conference, the Convening Committee announces that the following items are definitely assured:

- 1-Salutatory Addresses—By His Excellency the Governor-General of Canada, Sir James Aikins, Lieutenant-Governor of Manitoba, and His Worship C. F. Gray, Winnipeg.
- 2—"The Lessons of the War for Canadian Education," Hon. Dr. Cody, Minister of Education, Ontario.
- 3—"The School and the Development of Moral Purpose," Dr. Theodore Soares, Professor of Religious Education, University of Chicago.
- 4-"The Development of a National Character Through Education," Sir Robert Falconer, President of University of Toronto.
- 5-"The Essential Factors of Education," Dr. Helen MacMurchy, Ontario Department of Education.
- 6-"The Boy Scout Movement as Auxiliary to the School in Moral Training," Dr. James W. Robertson, Dominion Commissioner of the Boy Scouts.
- 7-"Methods and Ideals of the Canadian Standard Efficiency Training Groups," Taylor Statten, National Secretary Boys' Work Department of the Y. M. C. A.
- 8-"The Function of the Public School in Character Formation," Dr. J. F. White, Principal Ottawa Normal School.
- 9-"Education and Reconstruction," Peter Wright, British Seaman's Union.
- 10-"The Basis of Moral Teaching," Michael O'Brien, Toronto, Ont.
- 11-"The School and Industrial Relationships," Dr. Suzzalle, President University of Washington.
- 12-"The School and Democracy," President John H. Finley, Commissioner of Education for the State of New York, Albany, N. Y.
- 13-"The School and the Newer Citizens of Canada," Dr. J. T. M. Anderson, Director of Education among New Canadians, Regina, Sask.
- 14-"The Interest of the State in Character Education," Dr. Milton Fairchild, Washington, D. C.

The task of initiating discussions has been assigned to persons representative of all parts of Canada. Among those definitely secured at this date in this connection are:

Dr. Charles McKinnon, Principal Pine Hill College, Halifax, N. S.; Prof. H. T. Coleman, Dean of Faculty of Education, Queen's University, Kingston, Ont.; J. J. Tompkins, Esq., Vice-President University of St. Francis, Xavier's College, Antigonish, N. S.; Very Rev. Dean Lylydd, All Saints' Cathedral, Halifax, N. S.; Dr. H. P. Whidden, M. P., Brandon, Man.; Prof. Iva E. Martin, Royal Military College, Kingston, Ont.; Prof. W. H. Alexander, University of Alberta, Edmonton, Alta.; Dr. G. W. Parmelee, Deputy Minister of Education, Quebec; R. W. Craig, K. C., President Winnipeg Canadian Club and Chairman Winnipeg School Board; Dr. John Mackay, Westminster Hall, Vancouver, B. C.; R. L. Torrance, Manager Royal Bank, Guelph, Ont.; W. A. Buchanan, M. P., Lethbridge, Alta.; W. McLeod, Davidson, M. P., Editor, Calgary Alberta, Calgary, Alta.; W. G. Raymond, Esq., Post Master, Brantford, Ont.; Prof. C. B. Sisena, Victoria University, Toronto, Ont.; W. J. Slater, Principal Strathcona School, Winnipeg.

Delegates to the Conference should make their hotel reservations immediately.

The following committees are at your service: Reception, Entertainment, Transportation, Hotel Accommodation.

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mankind (John 8: 29; Rom. 3: 25). The purpose of his coming was world-embracing. "There is no respect of persons with God." The provisions of grace have no exceptions and are as inclusive as the necessity. "All have sinned"; all are redeemed, and all possess an equality of privilege as related to responsibility (Rom. 2: 14-15). No man can evade his moral obligations. Repudiation is not release. The claims of Christ originate, first, in his sovereignty. "He is Lord of all." Second, in his Saviourhood. "He died for all." Relation to him is the essential quality in human character, the supreme factor in human life and the determining element in human destiny. Christ is the central figure and fact of earthly history, the judge of all men and the inexhaustible fountain of delight in the world to come.

II. An individual call. The universal includes the individual. The former is the expansion of the latter. Families, communities, churches and nations are aggregations of individuals. What the latter are, the former must be. The personal is always the determining factor of the universal. The Holy Spirit always individualizes his operations. John and Peter became disciples, first, by an individual call of Jesus; second, by a personal choice. Every person is called to discipleship. "Follow me," is the first requirement. We are to receive the doctrine of Christ and imitate his example. "He that saith he abideth in him ought himself also so to walk, even as he walked." Personal and intimate association with the Master is the essential fact of Christian experience and the first qualification for effective service. He was the master Preacher and personal Worker, and his methods cannot be improved. As Jesus was taught of the Father (John 5: 19, 20), so are his disciples to be taught of him by the Spirit (John 16: 13, 14). As Jesus was sent into the world by the Father, so does he send his disciples (John 17: 18). His disciples share his mission, partake of his joys and sorrows, and share his coming glory.

W. H. C.

A SEPARATION GRANTED

Not by process of law, but by the silent working of "Putnam's" are corns separated from aching toes. Any corn or wart that "Putnam's" won't sure hasn't been discovered yet. Insist on Putnam's Corn Extractor only, 25c at all dealers.

Satisfied With Little Food.

In the Edinburgh (Scotland) zoo there is a crocodile that is content with a rat or a piece of horseflesh every fortnight. There is an anaconda which arrived more than a year ago and has since steadily refused to take food of any kind, an example of abstention surpassed, however, by an Indian python, which during its 13 months' stay has not voluntarily taken food.



COLT DISTEMPER

You can prevent this loathsome disease from running through your stables and cure all the colts suffering with it when you begin the treatment. No matter how young, SPOHN'S DISTEMPER COMPOUND is safe to use on any colt. It is wonderful how it prevents all distemper, no matter how colts or horses at any age are "exposed."

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seed well and fairly deep on light soil which is rather dry.

If possible, wait until after a rain to sow small seeds. For early seeding after early potatoes, in tomatoes, or truck, or at the last working of corn, sow eight to 12 pounds of good crimson clover per acre, or a mixture of two to three pounds of alsike and flour to five pounds of red or mammoth clover. Eight or ten pounds of red or preferably mammoth clover may be sown alone, but on wet or sour land, or where red clover does not catch, try four to eight pounds of alsike. With the clovers sow three to five pecks of wheat or rye to insure a thick and hardy cover crop and to protect the clovers against winter injury.

In fields where alfalfa has, or may be expected to succeed, 10 to 15 pounds of alfalfa, or preferably scented sweet clover seed, may be sown instead of other clovers, or several pounds may be included in clover mixtures. Without plenty of lime and inoculation, however, these crops cannot be relied upon.

From one-quarter to three-quarters of a pound of cow horn or common turnips may well be added to any of these clover seedings. The turnips may be fed or plowed down.

LATE SOWN CLOVER CROPS.

During September four to six pecks of rye and 15 to 20 pounds of winter vetch is the most satisfactory cover crop to sow. Fine cover crops are often obtained by sowing in good season a mixture of 3 pecks of rye, 10 or 15 pounds of vetch and six to eight pounds of crimson clover. After the first of October six to eight pecks of rye alone is most advisable.

Wheat is used extensively as a cover crop and on good land is preferable to rye, but the latter crop can be sown later, is more hardy and will thrive on poorer ground than wheat. Where the ground must be plowed early, as for potatoes, crimson clover or rye is preferable as a cover crop, since the other clovers are slower to start in spring, and in order to give the largest returns should be allowed to attain some size before plowing.

Lime promotes the growth of all common legumes and the presence of lime or its application to sour soils will insure the success of cover crops of clover. Many farmers apply lime to plowing potatoes or corn with beneficial results on the following crop. Lime also sets free considerable quantities of insoluble potash and, by promoting bacterial action, makes the nitrogen in the organic matter more readily available. Thus lime may take the place of some potash and nitrogen in the fertilizer if the supply of organic matter is maintained by manure and crops plowed in. Nothing, however, will exhaust soil more quickly when used alone than lime.

Phosphoric acid has given greater returns than any other single fertilizing element. Where legume cover crops are grown at frequent intervals and plowed down, possibly supplemented with some well-kept manure, there is little doubt that profitable production may be maintained indefinitely on most good soils by the use of phosphoric acid, lime and a minimum of nitrogen. It is quite certain that by the use of leguminous cover crops the amount of nitrogen required in the fertilizer for potatoes and truck may be greatly reduced and a substantial saving effected, even at normal prices.

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Catarah is a local disease great yin-fluenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE gives the foundation of the disease, the general health and assists nature in doing its work. \$100.00 for any case of Catarah that HALL'S CATARRH MEDICINE fails to cure.

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To Save Horse Feed.

A shield has been designed for horses' feed bags which prevents all spilling of grain while an animal is eating—a loss which sometimes amounts to 25 per cent. The device consists of a funnel-shaped apron of cloth, with a sufficiently large opening at the bottom, which fits inside the bag, being attached to the upper edge and extending about half way down into the container. The lower end is gathered by means of a coiled spring and fits snugly about the horse's nose so that no matter how much the animal tosses its head, no grain is lost.—Popular Mechanics.

The Name "Calais."

Calais, urges a correspondent, is surely one of those familiar French names that are and should be Anglicized, as is the case with Paris, Lyons, Marseilles, Florence. At any rate, Browning thought so when he frankly rhymed it with an English word in his reference to Queen Mary Tudor: "When fortune's malice Lost her Calais."

Let us all stick to this for the set-tem to give the French sound is seldom a success. There is nearly always the English trick of putting a stress on the first syllable instead of the final one. Browning's rhyme is not pretty, but it is a good enough guide.—London Chronicle.

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Modern Version.

While Little Helen was at Sunday school they repeated the Twenty-third Psalm and when she arrived home, her mother asked her what she had learned that day. Helen replied without hesitation: "The Lord is my chauffer, I shall not walk."

"Completely Discouraged"

Is the feeling and plaint of women who are "run-down" so low that work drags, head aches, back aches, dragging down

feelings, dizziness, pale and weak, little things annoy and "everything goes wrong." Look the other way just a minute and see what Dr. Pierce's Favorite Prescription has done for more than a million women in the last fifty years.

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TILLSONBURG, Ont.—"A few years ago I had a severe nervous breakdown. I would have pains in my head and would suffer with backache. I was ailing for about two years. Had doctored but did not seem to get cured of the ailment. At last I took Dr. Pierce's Favorite Prescription and it did me more good than any medicine I ever took. It built me up and I felt better in every way than I had for two years previously."—Mrs. L. HEATZ.

Majesty of the Law.

"Here, now!" sternly commanded Constable Sam T. Slackputter, the redoubtable sleuth of Petunia. "You fellows move on there! Scatter out! You're blocking the sidewalk so folks can't get along. And, besides all that, I want to see a little of that there dog fight myself before it is all over."—Kansas City Star.

Equal Right, But No Favor.

"I suppose," said a lady to a trolley car conductor, "if I pay the fare for my dog he will be treated the same as other passengers, and be allowed to occupy a seat?" "Of course, madam," the conductor replied politely. "He will be treated the same as other passengers, and can occupy a seat providing he does not put his feet on it!"

Spanking Doesn't Cure

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send FREE to any mother my successful "FREE" home treatment, with full instructions. If your children trouble you in this way, send no money, but write today. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

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Health Improvement in Brazil.

The famous saying "Brazil is a vast hospital" is in a fair way to being outlawed. Yellow fever is stamped out and the government has made an immense appropriation for supplying quinine to the entire community. To these achievements must be added the labors of the Oswaldo Cruz institute in the realms of scientific prevention of communicable diseases of all kinds.—Brazil Medico.

Made Money From Dandelions.

Collecting dandelions an Italian woman living in Philadelphia has been able to save \$2,000 during the last 44 years. It appears that about forty years ago the woman's husband died leaving a widow unprovided for. She started to collect dandelions, and sold them to her countrymen in the city. A few days ago she died, and it was found that her savings had accumulated to a little more than \$2,000.



SHILOH 30 DROPS COUGHS

All Kinds of Whiskers.

Whiskers are a variable size issue. The closely trimmed whisker, descending to the lobe of the ear on an otherwise clean-shaven face, was long a favorite among sporting men. Worn lower down the jaw, the whisker changes character and develops into "mutton chops" that blossom in a bushy manner. Still more pronounced are "Piccadilly weepers" of the Lone Danderey kind. This last and the mutton chop are worn with a mustache while John Bull shaves everything except his hikers.

Cause of Sun's Eclipse.

Eclipses of the sun are caused by the moon coming between the earth and the sun in such manner as to obscure the sun or a portion of it from the view of a section of the earth. An eclipse of the moon results when the earth comes between the sun and the moon so that the shadow of the earth falls upon the whole or a part of that portion of the moon visible to the earth.

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