

POOR THIN BLOOD BRINGS INDIGESTION

Make the Blood Rich and Red by Using Dr. Williams' Pink Pills.

Thin-blooded people generally have stomach trouble. They seldom recognize the fact that thin blood is the cause of indigestion, but it is.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles, and awakens to normal activity the glands that supply the digestive fluids.

secretism of the present day. Ask them which heard me—Jesus respectfully and firmly declined to review his teachings there and referred the high priest to those who had listened to him in his ministry.

III. Peter's denials (18; 25-27). 25. Art not thou also one of his disciples? Peter's eagerness to know what would come with Jesus brought him into a close place.

SHILOH 30 STROPS COUGHS

III. The crucifixion of Jesus. The purpose of destruction which from infancy had followed Jesus was about to be fulfilled. Two things we must hold firmly in mind. His death was voluntary. It was expiatory.

Impurities of the Blood Counteracted—Impurities in the blood come from defects in the action of the liver. They are revealed by pimples and unsightly blotches on the skin.

Meat vs. Vegetables

How did our ancestors take to eating flesh food? Did one of them suddenly conclude to eat one of his enemies for lunch after he had slain him in combat?

Its Virtue Cannot be Described.—No one can explain the subtle power that Dr. Thomas' Electric Oil possesses. The originator was himself surprised by the wonderful qualities that his compound possessed.

A GHURKA WARRIOR. Young Man From India Will Live in Canada. A Ghurka, one of those sturdy Indian fighters, whose name has spread terror among the enemies of Britain for nearly a century, has been visiting numerous Canadian cities and towns during the past few months.

Warts on the hands is a disfigurement that troubles many ladies. Holway's Corn Cure will remove the blemishes without pain.

man or even the fighting spirit. "Man did not have to leave the forest and frugivorous diet and become a hunter and killer of animals in order to develop his brain.

"The gorilla is long been known as the fiercest beast of the forest. It will kill a hunter by a blow with a club, and will snap his gun-barrel with a grip of its hands, but it will not eat him.

"The gorilla is a good fighter, but he does not torture. Cruelty is a trait peculiar to carnivorous animals. The cat often tortures the mouse for a long time before she kills and eats it.

"The gorilla uses his hands as man does. He has learned to fight with a club, and uses stones as missiles. He is so skilful in the use of these weapons as to be more than a match for a man armed with the same weapons.

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Wood's Peppermint Cure

and in February, 1916, he was wounded a second time. In the attack at Gallipoli he was wounded a third time, in December, 1916. Returning to France he was gassed at Amiens, in 1918, and was wounded again at the battle of Cambrai.

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GINGER DESSERTS

For those families whose members are partial to the spicy flavor of ginger, the wherewithal of a number of delicious desserts lies in one of the quaint blue and white jars of preserved ginger.

TO PREPARE GINGER AT HOME To prepare, wash the ginger and pick out the best of the little roots; then scrape them and cut in small pieces. Place in a granite kettle, cover with cold water and let soak for several hours.

Peel and chop the bananas, sprinkle with a few drops of lemon juice and dust lightly with powdered sugar. Drain a little of the syrup from the preserved ginger and chop finely. Butter thin slices of whole wheat or graham bread, lay on each a crisp lettuce leaf, dipped in French dressing and cover with a layer of the banana and ginger. Finish the sandwiches with the remaining bread slices and

CANTON FROZEN BIRDING

Prepare a rich boiled custard from one pint of milk, a pinch of salt and three eggs beaten with four tablespoons of sugar. Cook over hot water until well thickened, remove from the fire, and when cold add half a pint of chilled double cream whipped solid. Turn into a chilled freezer, and when half-frozen stir in a small cupful of crushed macaroon crumbs, one teaspoonful of lemon juice and a cupful of preserved ginger with the syrup.

Miller's Worm Powder will not only expel worms from the system, but will induce healthful conditions of the system under which worms can no longer thrive.

MARKET REPORTS

Table with columns for Dairy Products, Fruits, Vegetables, etc. and prices.

SUGAR MARKET

Table with columns for Atlantic granulated, Do. No. 1 yellow, etc. and prices.

MEATS-WHOLESALE

Table with columns for Beef, forequarters, Do. hindquarters, etc. and prices.

ASTHMA OVERCOME

The triumph over asthma has assuredly come. Dr. J. D. Kellogg's Asthma Remedy has proved the most positive blessing the victim of asthmatic attacks has ever known.

OTHER MARKETS

Table with columns for Winnipeg Grain Exchange, Minneapolis-Wheat-Spot, Duluth-Linseed, etc. and prices.

Safe and sure medicine for a child troubled with worms is Mother Graves' Worm Expeller.

First Wireless Record Call

The first case on record of "wireless" being employed by a ship in distress occurred on March 3, 1890. On this late the R. F. Matthews ran into the East Goodwin lightship during a heavy fog.

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$3 per box.

SUNDAY SCHOOL LESSON

Lesson XI. Dec. 14, 1919.

At the Trial and Crucifixion of Jesus.—John 18: 15-27; 19: 25-27.

Commentary.—I. Peter and John at the high priest's palace (18: 15-18). 15. Simon Peter followed Jesus—Jesus was taken first before Annas, the father-in-law of Caiaphas for a preliminary hearing.

PRACTICAL SURVEY

Topic—What the crucifixion meant to Peter and John.

I. The arrest of Jesus.

II. The trial of Jesus.

III. The crucifixion of Jesus.

I. The arrest of Jesus. The essential significance of the events which we are studying lies in the divine intention expressed therein. They have relations of infinite depth.

II. The trial of Jesus. Of the disciples only John and Peter were present at the trial of Jesus, and the former, only, at the crucifixion.

III. The crucifixion of Jesus. The accounts of the four evangelists should be carefully studied and compared.

The ecclesiastical authorities were the investigators and eagerly sought to secure the condemnation of their murderous purpose.

By then the case had been prejudged and the end determined (John 8: 12).

The whole procedure has passed into history as an unparalleled instance of brutality and injustice, branding the perpetrators with enduring infamy.

Observing the letter of the law, the spirit of it was ruthlessly violated. Disagreeing witnesses nullified their testimony, which was a palpable misrepresentation of Christ's words.

Upon His own calm avowal of His Messiahship and divinity He was condemned. The same day to the judgment hall of Pilate, and a charge of sedition is preferred (Luke 23: 2).

Examination proved His innocence, and an effort to shift responsibility transferred Him to Herod's jurisdiction, from which He returned, mocked, bruised and beaten, but acquitted.

A re-examination by Pilate confirmed his earlier decision and enlisted renewed efforts to secure His release, which should have rested upon a judicial decision wholly.

The result was a shameless surrender of personal and judicial honor, the release of a bandit and the surrender of Christ to the demands of the mob, instigated by the high priests.

Rests, Refreshes, Soothes, Heals—keep your Eyes Strong and Healthy. If they Tingle, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated use Murine often. Safe for Infant or Adult. At all Druggists in Canada. Write for Free Eye Book. Murine Company, Chicago, U.S.A.

