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 recog-mize the fact that thin blood is the cause of indigestion, but it is. Thin blood, weak, watery blood, is one of the most common causes of stomach troubles. The glands that furnish the digestive fluids era diminished in their digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state nothing will more uickly restore appetite, digestion and normal nutrition than good, rich, mickly red blood

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. The first sign of returning health is an improved appetite, and soon the effect of these blood improv-ing pills is felt throughout the whole system. You find that what you eat does not distress you and that you are daily growing stronger and more vig-orous. Mr. J. J. Murray, Regent street, Toronto, bears testimony to the value of Dr. Williams' Pink Pills in cases of this kind. He says: "During the latter part of 1918 I was a sick man. My stomach seemed sim-ply down and out. I had no desire for food, and when I ate it distressed me. I was pale, did not sleep well, naturally got up in the morning feeling grouchy. My wife was worried over my condition, and urged me to try Dr. Williams' Pink Pills, reminding me of the good they had done our eldest daughter when she was in a somewhat similar condition. I decided to follow her advice and got a supply and here is the story in a nutshell: I have got my appetite back, sleep soundly at night, enjoy my meals and am so gratified with what the pills have done for me that I strongly ad-vise their use for all pale, sick people."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or hix boxes for \$25.0 from The Dr. Williams' Medicine Co., Brockville, Ont.



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. Wimon Peter followed Jesus-Jesus was taken first before Annas, the father-in-law of Calaphas, for a pre-liminary hearing. Calaphas had said to the Jews that it was "expedient that one manshould die for the peo-ple" (John 18: 14). The eleven dis-ciples had forsaken Jesus and fled when he was arrested, but Peter and "another disciple," almost certainly John, followed Jesus tto he palace of the high priest. John was acquainted with the high priest and went into the palace, but Peter remained out-side. 16. Brought in Peter-The desscription here is minute and indicates that the writer of the narrative was a witness of what was done. John was interested in his fellow disciples and made use of his acquainance with the high priest in favor of him! Peter, in common with the other disciples, had been quick to forsake Jesus, but he was quick to come back to see what would be done with him. 17. The damsel that kept the door-The onc to whom John spoke, requesting her to admit Peter. Art not thou also one of this man's disciples—This question

came with suddenness and directness Peter. The young woman recog mized him as one of the disciples of Jesus, and in her contemptucus que tion accused him. He saith, I am not -John had hurried on to the room where Christ was being examined; as at the cross (John 19: 26) he kept close to the Master; and in neither Peter, who he molested. "followed afar off," and that more out of curiosity to see the end (Matt. 26: 58) than out of love, encountered temptation and fell.-Cam. Bib. 18. stood with them-Peter min-with the servants and officers Peter who were warming themselves about a fire, thus hoping to escape observation. II. Jesus before he high priest (18: 19-24). 19. The high priest-It was probably Annas, here spoken of as high priest, who was conducting the examination of our Lord. Asked Jesus of his disciplor-the high priest de stred to have Jesus tell him what sort of persons and how many were his followers. It was but four days before

retism of the present m which heard methem which heard me—Jasus respect-fully and firmly declined to review his teachings there and referred the high plest to those who had listened to him in his ministry. They know what I said—Those who had heard him and were unfriendly to him knew his doc-trines, whether they would report them candidly or not. 22. One of the officers struck Jesus—This of-

them candidity or not. 22. One of the officers, struck Jesus—This of-figer would show that he considered Jesus' answer an insult to the high priest and therefore inflicted the blow. He was doubtless moved also by her-sonal prejudice and hatred. 23. Jesus answered—The reply of Jesus was un-answerable. If it was thought that he had said anything wrong or injuri-ous, there should have been testimony ous, there should have been testimony offered to prove it. If he had said nothing out of the way, the blow was not deserved. In either case he should not have been struck. 24. Sent him bound—Jesus was being treated as a dangerous criminal. Jewish hatred had decreed his death, and he was being led "as a lamb to the slaughter." He was taken from the ex-high pries to Caiaphas, the high priest. In the course of his trial he appeared before annas and twice before the Sanhedrin, aldo before Pilate twice and before

Herod. IL Peter's denials (18; 25-27). 25 Art not thou also one of ais disciples— Peter's eagerness to know what would done with Jesus brought him into a close place. He must take his pos tion for Jesus or against him. H denied it-This was the second of the three denials of which Jesus had warned him. Peter was not prepared, even with all his declared loyalty to Jesus, to stand up for him when the test came. He could not use his sword to defend him, but he failed to use his tongue in the right way in the critical time. 26. Did not I see thee in the garden with him. It was difficult fo rPeter to hide his identity. Not only did his speech betray him, but he had been seen by one of the servants of the high priest in the garden where he was prominent for his defence of Jesus. 27. He denied again-In the face of all the evidence against him Peter persisted in denying Jesus, even resorting to oaths in his denial. Immediately the cock crew-Peter was thus reminded of what Jesus had said to him. "And the Lord turned, and looked upon Peter" (Luke 22;61), and this look so deeply affected him that he "went out and wept bitterly" (Luke

22;62). His penifence was deep and effectual. He sought Christ's body in the tomb on the third day after crucifixion. Jesus sent a special mes-sage to him after his resurrection.. IV. Jesus provides for his mother 25. There stood by the (19:25-27). cross—There were many present at the crucifixion to 'rail on'' Jesus (Mary 15;92), but there were some present who had loving regard for him. The mantioned by name three Marys are mentioned by name and there were other women present (Matt. 27;55). 26. When Jesus there-fore saw—He was conscious; and in the midst of his sufferings he was so-luctance for his mother. The disciple licitous for his mother. The disciple ...whom he loved-John, who modestly refrained from mentioning his own name. Woman, behold thy son-It name. Woman, behold thy son-it is probable that Joseph was dead and Mary was a widow. Jesus arranged for a new and tender relation bet

his mother and John that she might be well cared for. John was at the cross and received this high honor. 27. Behold thy mothed-A large responsi bility was placed upon John, but not a QUESTIONS - Whither did Peter QUESTIONS Whither did vestion

and John follow Jesus What question was asked Peter, and what was the re-What queetions did the high pricet ask Jecus? What answer did Jesus give? What insuit was offered to Jesus? Who was the high prices? Who was Annas? How many times did Peter declare he was not one of Jesus' disciples Who stood by the cross after Jesus was placed on it What did Jesus say to his mother What did he say to John?

PRACTICAL SURVEY.

Topic-What the crucifixion mean ter and L



III. The crucifizion of Jesus. The purpose of destruction which from in-fancy had followed Jesus was about to be fulfilled. Two things we must hold firmly in mind. His death was voluntary. It was explatory. He who was the "Life" could not die by disease or accident. The alternative was a voluntary surrender of life, which He accomplished by a violent death at the hands of His enemies. The cross and the victim were both sacrifice. It was the great day of world atonement. In the crucifizion sin attained its for bossibility and redeeming love to highest expression. The cross has become the most ex-pressive of earthly symbols because it exhibits Christ's perfect identity with sinful men. It is worthy of remark that representatives of the race, Jews and Gentiles, united in an unwitting accomplishment of a redemption in-cluding all. In the hours on the cross lay the crisis of the world, and in its agony the conflict of the ages concentrates. The gloom which en-veloped the "whole land" was but the twillight of the divine land "was but the twillight of the divine land" was but the twillight of the divine land "was but the twillight of the divine land" was but the twillight of the divine land" was but the twillight of the divine land "was but the twillight of the divine land" was but the twilight of the divine forsakenness. W. H. C.

Impurities of the Blood Counter-acted.—Impurities in the blood come from defects in the action of the liver. They are revealed by pimples and unsightly blotches on the skin. They must be treated inwardly, and for this purpose there is no more effec-tive compound to be used than Parme-lee's Verstable Pulls. They act did lee's Vegetable Pills. They act di-rectly on the liver and by setting up healthy processes have a beneficial effect upon the blood, so that im-purities are eliminated.

Meat vs. Vegetables ***********************

How did our ancestors take to eating flesh food? Did one of themsuddenly conclude to serve up one of his enemies for lunch after he had slain him in combat? Or did he take to eating meat from physiologic necesseity, after the stock of wild veg-etable proteins had failed him? And has his meat dict improved his abili-ties as a fighter? Here, apparently, vegetarians and flesh-caters do not agree. The war just ended has cer-tainly demonstrated that there is still in man much of the wild beast. Dr. Harry Campbell, a London physi-cian, who believes both in fighting and in fiesh-esting, seeks, in an ar-ticle in the Lancet (London) to find an explanation for human savagery and ferocity in man's acquired car-nivorous habits. He says:

"It was a condition entailed by a hunting career which brought about the evolution of the prehuman us into man. The characteristic ape into man. For, observe the curi-ous situation—assuredly one of the most eventful and dramatic in the whole of man's evolution—when this creature took to hunting. Here was a being lacking the stereotyped equipment for elaughter, instinctive and anatomical of the carnivora, but with an intelligence surpassing that of any other creature, and en-dowed with prehensile hands capa-ble e giving effect to that intel-ligence. "The fact that carnivorism makes for fereocity and develops the fightape into man. For, observe the curi-

for ferocity and develope the fight-ing instinct has this interest—that man is himself carnivorous. Indeed in the matter of slaughter he leaves all other animals far behind. He is the arch-slaughterer. Since the time the prehuman ape took to hunting he and his human descendants have wrought ruthless havoc among the lower animals, and at the present day man not noly hunts them, but breeds them for the express furpose of destroying them, chiefly for food, partly for anusement. Many a per-son of gentle nature would be amaz-ed and horrificat were he at the end son of gentle nature would be amaz-ed and horrified were he at the end of a long life to see en mass the hectacombs of living things done to death on his behalf." The editor of Good Health (Bat-tle Creek, Mich.), commends what he calls Dr. Campbeil's frank admis-cion that, flesh-cating, with the slaughter-house and other crueltics which it involves, tends to foster and maintain in man the brutal qualities maintain in man the brutal qualities maintain in man the brutal qualities which are manifested in the barbari-ties and cruelties of war. But her regards the doctor as wholly at fault in thinking that flesh-eating and hunting were essential to the devel-opment of the aggressive spirit in

did not have to leave th In-"Man did net have to leave the forest and frugtwhrons diet and become a hunter and killer of ani-mals in order to develop his brain. Primitive man sought the plain not to find animals-there were plenty-of animals in the forest-but to find food, and as rapidly as possible de-veloped the art of agriculture so as to secure to himself and his family a certain food supply. "Man's resort to the use of flesh food was doubless prompted by his instinctive search for complete pro-teins when the nut-trees (largely nut-pines, probably) were killed off by change of climate ber some cata-clysmic event which destroyed an es-sential source of complete pro-teins due flercest fighters of the forest are animals which are not fiesh-eaters, as, for example, the buf-falo of our western plains and the bison of India. Dr. Sanderson, the great elephant hunter, said he would far rather encounter a lion than a wounded bison. "The rhinocercs, which lives on the coarsest herbage, is so filerce a in "Man

"The rhinocercs, which lives on the coarsest herbage, is so flerce a fighter that the lion flees before him. The elephant, though timid, is no coward, and often gives up its life to exciting which there are a solution.

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

With a grip or ate names, but it will not eat him. "The vegetarian is a good fighter, but he does not torture. Cruelty is a trait peculiar to carnivorous ani-male. The cat often tortures the mouse for a long time before she kills and eats it, "A certain species of wasp para-lyzes a fat caterpillar and shuts it up in a cell with its agree to be devoured

in a cell with its eggs, to be devoured by its young, piecemeal, while etil alive, and incapable of making a mo tion in defence.

tion in defence. "Certainly man had abundant op-portunity to develop fighting quali-ties in defending himself against his enemies, which the testimony of the rocks shows to have been great and numerous enough to call forth his highest means of eccape and protec-

"The gorilla uses his hands as man the gorina, 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. "The idea that man had to eat his enemy after killing him, to acquire a hankering for flesh and a thirst for blood in order to be a good fighter is preposterous. The only mental quality man has acquired through the appetite for flesh is the disposition to slay in cold blood and not in self-defence or the heat of rage, to take life merely for pleasure, for sport-to take delight in cruelty."

Its Virtue Cannot be Described .-No one can explain the subtle power that Dr. Thomas' Eclectric Oil possesses. The originator was himself surprised by the wonderful qualities that his compound possessed. That he was the benefactor of humanity is shown by the myriads that a praise of this wonderful Oil. rise in So familiar is everyone with it that it is prized as a household medicine every-

A GHURK9 WARRIOR.

Young Man From India Will Live in Canada.

A Ghurka, one of those sturdy In dian 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 month, and attracting much attention by his unusual bearing. Little more than a lad in age Kamel

a moderate heat, bringing slowly to the bolling point, set the kettle back on the range and simmer until they Khan is nevertheless a veteran of many campaigns. Following the cushe joine become tender. Drain from the water itary school when he was a boy twelve, and by the time the v of and cook until transport in a sugar and water syrup, made in the proporwar broke out he was a fully trained soltion of two-thirds sugar and one dier. third water. Flavor with lemon With his seven brothers. Pte. Khan juice. served in the Imperial army, follow-ing the footsteps of their father, who As example of how this delicious concerve may be used to the best advantage, the following recipes are had been a soldier of Queen Victoria. Before the Great War he saw service in the hill-fighting against the given: GINGER AND BANANA SAND-Afridis. "There is always fighting there," he explained. When the war broke out he enlisted with the 1st Ghurka Regiment at Tibit, India. From Singapore he went to Cawnpore. WICHES Peel and chop the bananzs, sprinkle with a few drops of lemon juice and dus'-lightly with powdered sugar. Drain a little of the syrup from the where he trained, and then went preserved ginger and chop finely. Butter thin slices of whole wheat or graham bread, lay on each a crisp let-tuce leaf, dipped in French dressing straight to France. He was transferred to the 42nd Ghurka Regiment, with which he went into action. He fought in France un-til May ,1915, when he was first wounded. He then went to Egypt,



es \$1 per box. Bold by

and in February, 1916, he was wound and in February, 1910, it was sound ed a second time. In the attack at Gallipoli he was wounded a taird time, in December, 1916. Returning to France he was gassed at Anieus, in 1918, and was wounded again at the battle of Cambrai.

During this period Pte. Khan sucand the St. George's Cross, 'n Indian decoration. As he desires to see this country he has enlisted in the Royal Caaudian Highlanders and expects to serve in Canada for a number of years. He is a crack shot and carries the "crossed rifles," but his tavorite wea-pon is the kukri, the national weapon 20 the Ghurka, with which they the Gaursa, with which they do terrible execution. He carries this carved knife in his belt, having re-ceived special permission to do so. This he guards jealously and will not allow anyone to handle it.

allow anyone to handle it. There is no question about his being a warrior. His sole object of com-versation is fighting. He talked in-cessantly about it as a boy would talk about his play. "Ghurka fight any time, all the time," he said. "Two o'clock in the morning good time, but fight all night and all day. fight all night and all day.

"Canadians good fighters, like Ghurkas," was a tribute he paid. "Canadians take prisoners, though. Ghurka never take prisoners." He laughed gleefully as he recount-

He laughed gleefully as he recount-ed the various "killings" he had parti-the northwest frontief; the Turks in the Gallipola or the Germans in France, all had resulted in the same ending. A wild charge, the flashing, fracking kukri, and them the return with the noses and ears of his adver-saries in his pocket to show as "sou-uants." venirs.

Pointing to a scar on his forehead he explaine that it was inflicted by a Turkish bayonet as he was entering a dugout while serving in the Egyptan campaign. He then entered the dugout single-handed and killed the seventeen occupants. This was the occasion for which he received the bar to his Military Medal

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



For these families whose members are partial to the spicy flavor of ginger, the wherewithal of a number of delicious decserts dies in one of the quaint blue and white jars of preerved ginger. Both the Canton and the West In-

dian varieties, that may be purchased at most of the best grocery shops are excellent, but if the housewife is not adverse to a little time and trouble, à very delectable article can be pre-pared at home at decidedly less cost. In making the preserved ginger at home the stem variety should always be used, as this is a finer quality than the ordinary kind. Half a pound of this loose ginger will give

nearly a pint of preserve, so it is well worth the slight extra ccst. 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. Then place over

ve immediately. These thes are very norel, and us to serve with hed to: Tacse tes.

CANTON FROZEN PUDDING

CANTON FROZY'S PIDDENSO Prepare a tich bolled cucleard from one pane of milk, a parenet cule and three eggs better share from the sys-water until well talckened. Leaner-from the fire, and when celd ford in half a pint of chilled double ercans whipped solid. Then sho a chilled freezer, and when half-frizeh stir in a small cupful of preserved gin-ser with the syrap. Continue freezing until firm and smooth, and repack in a melon mold. Bury in foe and rock salt for three hours before serving.

Miller's Worm Powdet will not on-ly expel worms from the system, but will induce healthful conditions of the system under which worms can no longer thrive. Worms keep a child in a continual state of restless-ness and pain, and there can be no ness and pain, and there can he no comfort for the little one until the cause of suffering be removed, which can be easily done by the use of these powders, than which there is nothing more effective.



TORONTO MARKETS FARMERS' MARK ET.

Dairy Produce-			
Butter, choice dairy\$	0	55	\$ 0 65
Do., creamery		62	0 78
Eggs, new laid, doz		87	. 40
Eggs, new laid, doz		75	0 90
Do., cooking, doz	0	63	0 65
Cheese, 1b.		25	8 40
Dressed Poultry-			
Fowl, lb.		80	0 35
Chickens, roasung	0	85	P 10
Ducks, 1b	0	35	0 40
Lite Poultry			1
Chickens, 1b.	0	25	0 38
Roosters, in.	.0	22	0 25
Fowl, 1D.		20	0 27
Ducks, lb.		30	0 35
Geese, Ib	0	26	0 30
Fruits- W.			
Apples, bkt Do., bbl		35	0 75
Do., bbl		50	7 00
Citrons, each	9	10	0 25
Veretable-			1 50
Beets, bag		40	
Brussels Sprouts, measure		15	1.05
Carrots, bag		00	1 25
Cabbage. euch		10	0 36
Cauliflower, each		10	0 25
Celery, head		US	0 18
Leeks, bunch		30	
Lettuce, buach		00	€ 10
Onions, bkt		65	1 10
Do., pickling, bkt		00	1 25
Parsnips, bag		50	
Peppers, doz. Parsley, bunch		20	0 40
Parsley, bunch	0	10	
Potatoes, bag		50	2 60
Do., peck		50	
Do., sweet, 6 qt		60	
Pumpkins, each		10	0 25
Squash, each		10	0 80
Vegetable marrow, each	0	19	0.20
			1

SUGAR MARKET.

The sale quotations to the retail

delivery, are now as follow	
Atlantic granulated, 100-1b.	bags\$11 4
Do., No. 1 yellow	** 11 0
Do., No. 2 yellow	** 10 9
Do., No. 3 yellow	** 10 8
Acadia granulated	** 11 4
Do., 'No. 1 yellow	** 110
Do., No. 2 yellow	** 10 9
Do., No. 3 yellow	. 10 8
Redpath's granulated	11.4
Do. No. 1 yellow	
Do., No. 2 yellow	** 10.9
Do., No. 3 yellow	** 10.8
St. Lawrence granulated	** 12 2
Do., No. 1 yellow	** 11 8
Do., No. 2 yellow	** 11 7
Do., No. 3 yellow	** 11 6
Barrels-5c over bags.	A. S. S. S. S.
Cases-20 5-1b. ,cartons, 60c,	and 50 2-1b
cartons, 70c over bags. Gun	nies, 5 20-lb.
50c; 10 10-1b., 50c over bags.	
MEATS-WHOLESA	TT
Beef, forequarters\$	13 00 · \$15 (

MEALS-WHOLES.	19.1	E.		
Beef. forequarters	\$13	00	\$15	(
Do., hindquarters	16	00	20	(
Carcases, choice	17	00	19	
Do., medium	15	00	17	1
Do., common	11	00.	15	
Veal, choice	24	00	26	(
Do., common	18	100	22	1
Heavy hogs	20	00	00	(
Shop hogs	22	00	24	
Mutton, light	22	00	24	
Spring lambs, choice per lb.		19		;
	11111			

Asthma Overcome. The triumph over asthma has assuredly come. Dr. The trimmph J. D. Kellogg's Asthma Remedy has proved the most positive blessing the victim of asthmatic attacks has ever known. Letters received from thousans who have tried it fi monial which leaves no room doubt that here is a real remedy. Get it to-day from your dealer.

a la ser la s

I. The arrest of Jesus. II. The trial of Jesus.

III. The crucifixion of Jesus.

I. The arrest of Jesus. The essen tial significance of the events which we are studying lies in the divine in tention expressed therein. They have relations of infinite depth. The con necting link between the preceding and the present lesson was the arres the preceding of Jesus following immediately upon the agony in Getheemane. With this began the outward shame and torture of the passion. His advance, avowa and the manifestation of His power and the manifestation of His power express the wholly voluntary - nature of His currender. Afterward He, spoke confidently of help available, which would have swept His enemies from the field (Matt. 20: 53). II. The trial of Jesus. Of the dis-chice only John and Peter were

ciples only John and Peter were present at the trial of Jesus, and the former, only, at the crucifixion. The accounts of the four evangelists should



OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.
IP Jax
Solven
Solven< 5 00 4 82 4 82 MINNEAPOLIS GRAINS.

Minneapolis-Wheat-Spat, No. 1 North-ern, \$2.90 to \$3.00. Corn-No. 3 yellow, \$1.45 to \$1.50. Oats-No. 3 white, 70% to 72%c. Flax=\$4.51 to \$5.10. Flour un-changed. Bran=\$39.00. hanged.

DULUTH LINSEED.

DULUTH LINSEED. Duluth-Linseed on track, \$5.16; to ar-rive, \$5.10; November, \$5.16 bid; new. De-cember, \$1.92; old, December, \$1.95 bid; old, May, \$4.70; new, May, \$4.65. A safe and sure medicine for a child troubled with worms is Mother Graves' Worm Externinator.

First Wireless Distress 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 beevy fog. The weather conditions would, in the old days, have rendered the work of rescue very difficult, if not impossible. But the R. F. Matthews was equipped with what was then a novely-Marconi's system of wireless telegraphy. Messages were sent ashore and speedily brought life, boats to the rescue. -London Globe.

Cook's Cotton Root Compound.



A safe, reliable regulating medicine. Sold in three de-grees of strength-No. 1, \$1; No. 2, \$2; No. 3, \$5 per box. Bold by all druggings or sous prepaid on receipt of price. Free pamphiet. Address **f THE CCOK MEDICINE CO**. **TORONTO. ONT. (Frameric Visions.)** TO, ONT. (Form