

CHURCH - CHIMES

HOURS OF SERVICE

Christ Church—11 a.m.; 7 p.m.
First Presbyterian—11 and 7.
Holy Trinity—11 and 7.
St. Andrew's—11 and 7.
St. Joseph's R. C.—8.30, 10.30, 7.30.
Victoria Ave. Methodist—11 and 7.
William St. Baptist—11 and 7.
Park St. Methodist—11 and 7.
Seventh Day Adventists—3 and 7.
Batter Day Saints—11 and 7.
Campbell A. M. E.—11 and 7.30.
First Baptist—11 and 7.30.
St. John's A. U. M. E.—11 and 7.
British Methodist—11 and 7.30.
Union A. M. E.—11 and 7.30.

Members and others who contribute news items to this department of Saturday's Planet will confer a favor by seeing to it that their "copy" reaches this office not later than Friday at 4 p.m. Matter received later than this hour cannot be guaranteed insertion.

International Bible Lesson for To-Morrow—"Hearers and Doers of the Word."—Matt. 7, 21-29.

Golden Text—"Be ye doers of the word and not hearers only."

This sermon on the mount, of which the lesson of today is the climax, was and is the highest religious teaching ever taught, and is a commentary by our Lord on the Law of God by a Jewish teacher to His Jewish disciples 1900 years ago. It will be the constitution of the coming kingdom and empire of Jesus Christ, when the kingdom comes and His will is done on earth as it is in Heaven, and men will have "beaten their swords into ploughshares and their spears into pruning hooks, and will learn war no more," which is the very opposite of what they are doing to-day, and since the world began. God only is that Rock Jesus alludes to; no man apart from God, and unless born again and possessed by the Spirit and Power of God, can be in harmony with the teachings of Jesus Christ. Apart from Him Jew and Gentile are under sin and condemnation, from which there is no deliverance. It is not through faith in the Son of God. All men are builders, building for eternity. We are either self-centred or God-centred in building our lives and characters; a God-made man and a self-made man are very different buildings (character); every one who depends on self is building on sand; every one who depends (has faith) in God is building on the Rock. The Lord, in our lesson, sums up the situation and result—salvation or destruction. Well, are we hearers and doers? Remember, hearing only is eternal undoing. "Other founded on can no man lay than that is laid, which is Jesus Christ." "He that believeth on Him shall not be confounded."—L. P. W. 2, 6.

CHURCH NOTES

Rev. A. H. MacGillivray, the pastor, will occupy the pulpit of the First Presbyterian Church on both occasions to-morrow.

Christ Church—Rev. R. McCook will conduct the services and preach on both occasions to-morrow.

The pastor, Rev. Dr. Battisby, will conduct both services in St. Andrew's Church to-morrow.

The pastor, Rev. T. Beverley Smith, will conduct the services and preach on both occasions in Holy Trinity Church to-morrow.

In Victoria Ave. Methodist Church to-morrow the pastor, Rev. F. E. Malott will conduct the services, welcoming theme being "The Opened Mouth," evening, "The Opened Heart." Evangelistic services will commence on Sunday and will continue all week. Meetings begin at a quarter to eight. All are invited.

In Park St. Methodist Church to-morrow, Missionary Day, Rev. Geo. J. Bishop, of First Church, London, will preach at 11 a.m. and 7 p.m.

Rev. J. W. Hoyt, M. A., of Hamilton, will occupy the pulpit of the William St. Baptist Church to-morrow, both morning and evening, welcoming theme being "The Opened Mouth," evening, "The Opened Heart." Evangelistic services will commence on Sunday and will continue all week. Meetings begin at a quarter to eight. All are invited.

Later Day Saints service will be held in their new church to-morrow as follows:—Fellowship service at 11 a.m. and 7 p.m. S. S. at 3 p.m. Prayer service at 8 p.m. Weekly prayer meeting at 8 o'clock, Wednesday evening, Bibles Society meets Friday evening at 8. All welcome.

Campbell A. M. E. Church, Rev. W. H. Henderson, B. A., pastor—Evangelistic services—Mrs. P. V. Wright, evangelist, of Jackson, Mich., will preach at the 11 a.m. and 7.30 p.m. services; 8.30 p.m. converts' prayer meeting; 3 p.m. Sunday school. An excellent program of song will be rendered at each service.

Special services will be held in St. Joseph's R. C. Church to-morrow as follows:—At 11 a.m., Benediction and preaching by the pastor, Rev. A. E. Harvey, S. S. at 3 p.m. will be reviewed by the pastor. At 8.00, prayer meeting and song service by the Sponsor Lodge, and sermon by the pastor.

Sunday services as usual in the Union A. M. E. Church, Forest Street, North Chatham; Rev. E. L. Holden, pastor.

Salvation Army, Union Depot—Knee drill at 1 a.m., meeting for promotion of helms at 11 a.m., Christian fellowship meeting at 3 p.m., social singing service at 7.30 p.m. All services for citizens and soldiers.

First Baptist Church, King St., A. J. Jones, pastor—Morning services at 11 a.m. and 12.30, evening services at 7.30. Services will be conducted both morning and evening by the pastor.

Springhood or SPRINGTIME

Is also Hoodtime, for it is the time of all times when

Hood's Sarsaparilla

Is most needed,—the blood is impure, complexion bad, appetite lost, strength gone,—the whole system is upset by an accumulation of humors.

If there is constipation or biliousness Hood's Pills are also needed.

"I have taken Hood's Sarsaparilla as a spring medicine and have found it an excellent blood purifier. It also cures disorders of the stomach." PAUL D. COOK, Springfield Center, N. Y.

"Hood's Sarsaparilla is the best medicine in the world for cleansing the blood. We have taken it in the spring for years. One bottle does wonders in putting new life in us when we are all run down." MRS. FRANK GROVER, Gray, Me.

"I used to be troubled with boils and carbuncles every spring, but since using a bottle or so of Hood's Sarsaparilla each spring I am relieved of these troubles. The medicine also strengthens my system." FEARSON L. TETTER, Hagersville, Pa.

Accept no Substitutes for Hood's Sarsaparilla and Pills. No Substitutes act like them.



ONE W:E:E:K MORE

Then our Great Clothing Sale is over. New Spring Clothing is coming to hand every day. Take advantage of the following prices and be wise.

\$7.50 will buy any Overcoat in the store up to \$13.50.

\$7.50 will buy Men's Suits for the balance of this month, up to \$12.

Boys' Overcoats at about Half Price.

All Underclothing at Less than Cost.

You will get what is advertised; no two ways about it.

Here's a chance for cash buyers.

Meynell's,

3 Doors West from Market, King Street

Give the Children the

Magi Waters

to drink, they like them and are highly beneficial for the most delicate.

J. J. McLAUGHLIN, Agent, Toronto

FRUITS AND NUTS AS FOOD.

Results of Researches by the U. S. Department of Agriculture.

The United States Department of Agriculture has for several years been conducting a series of experiments to determine the dietary value of different foods.

Nine dietary studies and thirty-one digestion experiments were carried on. In the majority of the dietary studies and all but one of the digestion experiments fruit and nuts constituted all or almost all of the diet.

The results of the investigation emphasize the fact that both fruit and nuts should be considered as true foods rather than food accessories. The subjects were two women, three children, two elderly men and two university students. The men all did hard manual labor during a part of the time, the students working to support themselves while pursuing their studies.

The fare given in these experiments was in every case one that would appeal to any normal appetite. It embraced honey, tomatoes, apples, bananas, cantaloupes, grapes, vernal, cornmeal, toky, muscat, scarlet, haws, pears, pomegranates, persimmons, oranges, strawberries, water-melons, figs, almonds and peanut butter. The only animal foods allowed were cottage cheese and eggs, and these in limited quantities. The cost of such a diet varied from 15 to 18 cents a day.

Comparative experiments were carried along in which animal foods were employed under the usual conditions of living, and in these the daily cost ran from 26 to 30 cents. It was found that the food eaten supplied about 60 per cent. of the calories usually secured by the average man's diet, while health and strength continued the same, if not improved, and in two or three cases there was a slight gain in flesh and weight.

Fruits contain little protein, and nuts are relied on in the frutitarian plan of eating to balance the ration. Fruits are rich in carbohydrates and nuts in fat. A pound of peanuts, which costs 7 cents, furnished 1,000 calories of energy at a cost of 33 cents and proteins at a cost of 36 cents a pound. A porterhouse steak costs for the same result respectively 22 cents and \$1.31 when the steak can be bought for 25 cents a pound.

A Preferred Creditor.

A member of the commercial swindling fraternity lately called his creditors together and offered them in settlement his note for 2 shillings in the pound on their claims, payable in four months. His brother, one of the largest creditors, rather kicked, but the debtor took him aside and said:

"Do not make any objections, and I will make you a preferred creditor."

So the proposal was accepted by all. Presently the preferred brother said:

"Well, I should like what is coming to me."

"Oh," was the reply, "you won't get anything; they won't any of them get anything."

"But I thought I was a preferred creditor!"

"So you are. These notes will not be paid when they come due, but it will take them four months to find out that they are not going to get anything. But you know it now. You see, you are preferred." London Standard.

Many a man has ruined his health drinking to other people's.

The backbone of winter is still showing symptoms.

ABSOLUTE SECURITY.

Genuine

Carter's Little Liver Pills.

Must Bear Signature of

See Fac-Simile Wrapper Below.

Very small and so easy to take as sugar.

CARTER'S LIVER PILLS.

FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION.

CURE SICK HEADACHE.

SANTAL-MIDY.

Standard remedy for Gleet, Gonorrhea and Runnings in 48 HOURS. Cures Kidney and Bladder Troubles.

Minard's Liniment Cures Colds, etc.

COME TO-NIGHT!

If not come MONDAY. Every cash buyer in the city should take advantage of these unusual money-saving chances. Everything exactly as advertised and your money back if you want it.

Men's 75c Night Shirts at 48c.—Five dozen men's heavy white cotton night shirts, good firm quality, cut full lengths and size trimmed on collar, cuffs and bosom with fancy braid, sizes 15 to 17, regular 75c, sale price, 48c.

Wrappersettes at 71-2 yard — 12 pos fancy Wrappersettes, in good range of patterns and colorings, fast colors, regular 10c and 12 1-2c a yard, to-night and Monday.

Black Mercerized Satens at 15c a yard—4 pos, rich black mercerized saten, fine heavy quality, fast dye, good value at 20c yard, to-night and Monday.

Silk Lined Kid Gloves, at 69c a pair, in brown and tan shades, silk lined, regular \$1.00 a pair, special to-night and Monday.

Flannellette Waists at 38c — Three dozen ladies' flannellette waists, regular 50c to 60c each, clearing at 38c.

4 dozen Ladies' Waists—Odd lines and sizes in black satena, fine flannellette, canvas vesting, etc., regular \$1 to \$1.50 each, clearing at 68c.

Ladies' Marguerite Corset Covers—Made with full front, special each 12 1-2c.

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Ladies' Marguerite Covers—also fitted covers, fine Lonsdale cambric, trimmed with embroidery, lace insertion and tucks, worth 40c each, special at 25c.

Ladies' Umbrella Drawers—Good quality cambric, wide, full flounce, with two hemstitched tucks, special each 25c.

Ladies' White Skirts—Made with full flounce and three rows hemstitching and large tucks, special each 50c.

Ladies' White Underskirts—Fine cambric, wide flounce, 2 rows Val lace insertion and wide lace frill, special at \$1.25.

Ladies' Cambric Gowns—Fair quality, cut full size, 8 rows hemstitching and fine tucks on yoke, collar and cuffs, trimmed with cambric frills, special each 50c.

Bed comforters—8 only fine full size comforters, clean filling, fancy chair coverings, regular \$2.00 and \$2.25 each, clearing to-night and Monday.

Men's fleeced undershirts, fine heavy wool or cotton fleece, in plain white, stripes, regular 50c to 60c each, clearing at 39c.

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All our pure wool and fleeced underwear, regular 75c each, clearing at 48c.

Men's fine Scotch lamb's wool underwear, our special \$1.00 line clearing at each 75c.

Carpets—Odd pieces and ends of 12 to 20 yards each, in wool, union and tapestry carpets, clearing at big reductions.

CLOTHING BARGAINS—Men's \$1.75 and \$2.00 pants at \$1.38 a pair.

43 pairs men's pants in heavy 'all wool, tweeds and cotton, well made, strongly sewn, in good range of sizes, regular \$1.75, \$2.00 and \$2.25, clearing to-night and Monday at \$1.38.

Boys' reater coats, double breasted, in fine heavy cloths, well made, good linings, regular \$2.50 to \$3.75 each, clearing at \$1.90.

Men's suits—Your pick of 48 fine tweed and worsted suits, pure wool quality, latest cut, superior linings, well tailored, regular \$10.00 to \$11.00 each, clearing to-night and Monday at \$7.90.

Boys' suits—Odd lines and broken lots in two and three piece suits, tweeds and serges, regular prices \$2.75, \$3.25, \$3.50 and \$4.00, clearing at \$2.38.

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