

d Dutch ALUMINUM WARE

Utensils look brighter and last longer. d Dutch contains lye, acid or grit.

Use it for all your Cleaning.

MADE IN CANADA

Sunday School Lesson

January 14.

THE GRACE OF HUMILITY

Golden Text:—God resisteth the proud and giveth grace to the humble.—1 Pet. V:5.

Lesson Text:—Luke XIV:7-14.

The Time:—January A. D. 30, at the beginning of the last three months before the crucifixion.

Place:—Somewhere in Perea, the country east of the Jordan.

At some gathering, probably on the occasion of his cure of the man with the dropsy, at the home of the ruler of the Pharisees, Jesus marked how the guests chose out the chief seats, and in rebuke told them what St. Luke calls a parable. Strictly speaking, Jesus' words are not a parable, but a figure.

"When He marked how they chose out the chief room. In eastern entertainments, nothing of consequence ever takes place before the dinner has been despatched, music and dancing, exhibitions of all kinds, come after the craving of appetite has been satisfied and all are in a good mood to be pleased by anything they may see or hear. As the guests assemble they take their places on the divan lining three sides of the apartment. The chief seat was at the host's left hand. Of a couch he seat in the middle was held most in honor, the one on the left was second, and the one on the right last. The conceit and presumption of the Pharisees and scribes on matters of etiquette were intolerable. They were punctilious and imperious on points of their own preferment and with haughty effrontery would push themselves into the foremost place. "When thou art bidden of any man to a wedding," Jesus takes it for granted that his followers will join in social intercourse and not withdraw from the world in ascetic solitude. Jesus does not seem to have been attending a wedding feast, so that His conception of His precept with such a feast was tactful, removing the rebuke a little from the immediate occasion. "Sit not down in the highest room." Christianity is the best foundation of what we call good manners, and of two persons who have equal knowledge of the world, he that is the best Christian will be the best gentleman! "Lest a more honorable man than thou be bidden of him." Not necessarily a better man, but a man of higher station in life. The Christian, however, observes St. Paul's rule, "In lowliness of mind let each esteem other better than themselves." (Phil. II:3). "Give this man place." Make room for him," is Professor Moffatt's translation. "And thou begin with shame to take the lowest room." "Begin" emphasizes the shame of the reluctant movement toward the lower place, the lowest, since the other places have been all assigned. "But when thou art bidden go and sit down in the lower room." Sit down is literally "lay yourself back." We must remember that in those days they did not sit in chairs but reclined in couches at low tables, resting on their left elbows. "That when he that bade thee cometh." Not indeed that the lowest place is to be taken with the very object of courting promotion. Jesus means that this will be the consequence. It is common Hebrew idiom to speak of a result as a purpose. "He may say to thee, 'Friend go up higher.' Jesus has evidently in mind Prov. XXV:6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

FOR THE WEEK—BIBLE THOUGHTS

will prove a priceless heritage in after years

JANUARY 14

WISDOM FOR THE ASKING:—

If any of you lack wisdom, let him ask of God, that giveth to all men liberally and upbraideth not; and it shall be given him.—James 1:5.

JANUARY 15

WHICH DO YOU PREFER?—

Resist the devil, and he will flee you. Draw nigh to God, and he will draw nigh to you.—James 4:7, 8.

JANUARY 16

LIFE AND GOOD DAYS:—

He that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile.—1 Peter 3:10.

JANUARY 17

LOVE NOT THE WORLD:—

Love not the world, neither the things that are in the world, if any man love the world, the love of the Father is not in him.—1 John 2:15.

JANUARY 18

DEATH OR LIFE:—

To be carnally minded is death; but to be spiritually minded is life and peace.—Romans 8:6.

JANUARY 19

THE ETERNAL GOODNESS:—

O give thanks unto the Lord for he is good; for his mercy endureth for ever.—Psalm 107:1.

JANUARY 20

THE KINGDOM WITHIN:—

Neither shall they say, Lo here! or lo there for, behold, the kingdom of God is within you.—Luke 17:21.

School and Home

TC SOFTEN WATER.

A teaspoonful of powdered borax to the average wash-basin of water will soften the water.

SAGE HAIR TONIC.

One tablespoon sage one tablespoon sulphur. Boil together in a quart of soft water. When cool, strain, add one ounce glycerine, and two ounces of bay rum.

TOILET VINEGAR.

Two drachms powdered camphor, two drachms dried lavender, two drachms dried rosemary, and one pint of white wine vinegar. Put these ingredients in a large bowl strain through fine muslin, pour into bottles for use and cork securely.

IN WINTER.

Keep the hands soft, smooth, and white by the regular use of equal quantity of mixed with an equal quantity of pure glycerine. Only a little of this should be prepared at a time as the lemon juice, to be efficacious, must be fresh. It is rubbed into the hands night and morning when they are half-dried, the drying being finished with a very soft towel.

"JAP" HAIR HINT.

If you admire the sheen of a Japanese women's hair, you will be pleased to know how you can attain the same glossy and lustrous effect yourself. Japanese women polish their hair moistened with a very small amount of olive oil. In the matter of oil, however, the amateur of this custom should not use enough to make the hair the least bit greasy. In fact, by means of extra polishing, the oil may be omitted altogether; a dry velvet or chamouis leather used regularly and painstakingly will impart a lovely gloss.

THE POPULARITY OF THE SMALL HAT.

Fashion has made many women lengthen their skirts, often again their wills, but is powerless when it comes to dislodging the small hat from favor.

"Long skirts demand large hats," the experts say, but women go right ahead ordering small ones, or making them themselves. And therein lies the secret of the popularity of the small hat—it may be contrived at home by any woman with the style sense, even if her knowledge of sewing is most limited.

It is a fact that many of the most smartly gowned women today who buy their gowns of the most expensive modistes take great pride in making their own hats.

Of all types, the easiest to make is the fur-trimmed turban. And this hat is to be the style leader for next month or two. The shops are showing the most fascinating ones that may be easily copied on inexpensive frames.

The newmetal brocades are effectively used for crowns, so are the figured silks and the plain velvets or satins that match the fur or the costume with which the hat is to be worn.

Frequently there is no trimming but the fur, but in many of the smartest shops one sees many novel ideas. Frequently a bouquet of small French flowers in delicate or vivid colors is outlined with fur and placed directly in front. A beaded ornament or a fancy feather arrangement or buckle is often used in the same manner.

Ermine, mole and some of the thinner pelts are often used for trimmings on a velvet turban. They are tied into loose bows or knots with ends that are allowed to dangle off the edge and show a bit of gorgeous lining.

Velvet flowers and fruits are retained this season in very unusual and fascinating colors and from art rather than from nature. These nestle very effectively in fur.

Hats made entirely of fur are very fashionable, but they are much more difficult for the amateur milliner, and are apt to look heavy.

If you haven't a little fur-trimmed turban in your home, you should acquire one immediately.

For best results use

EGG-O Baking Powder

A trial will convince

ORDER FROM YOUR NEIGHBORHOOD GROCER

BEAVER FLOUR

MAKES BETTER BAKINGS

THE reason why BEAVER FLOUR makes such light, flaky pastry, and such excellent bread, is—it is a blended flour.

BEAVER FLOUR is a combination of the world-famed Ontario Winter Wheat scientifically blended with enough Western Hard Wheat to give it strength—the resulting product is flour unsurpassed for high quality and richness of flavor.

Try BEAVER FLOUR and note the marked improvement in your bakings.

Sold at your grocer's.

The T. H. TAYLOR CO. Limited, CHATHAM, ONT.

Professor of Rural Economy in the University of Oxford, England.

There are enormous areas of pastures which are susceptible of great improvement, and such improvement is simple and highly profitable.

The improvement results in the pastures carrying a heavier head of stock—often twice as much—while the growth of individual animals may be doubled.

The basis of all improvement in pastures is phosphate. Basic Slag has proved to be better and cheaper than super-phosphate or dissolved bones.

The best results are gotten by applying a liberal dressing of Slag in the first instance, at least one-half ton per acre, and supplementing it by smaller dressings, say, hundred pounds per acre every three or four years. It is better to be generous and niggardly to start with.

A peculiarity of Slagged pastures is that it prolongs the best part of the grazing season. Pastures fall off in feeding power before August. Slag delays such a thing off to a large extent.

Repeated doses of Slag hardly produce as much effect as the first dressing, they are usually highly profitable, and a better way is known of maintaining fertility.

The feeding value of meadow hay can be greatly affected by the proper use of fertilizers. In general, nitrogen depresses it, whereas phosphates alone, or in combination with Potash, improve it.

Our next article will be the "Effect of Slagged Dressings of Slag," by the same writer, William Somerville, M.A., D.Sc.

We are offering this season the "B" grade, 11.2 per cent.; "XX" 14 per cent., "X" 17 per cent.; "Best of all," 20 per cent. Total Phosphoric Acid. 80 per cent.

Grandma Used Sage Tea To Darken Hair

She Mixed Sulphur With it to Restore Color, Gloss, Youthfulness

Common garden sage brewed into a heavy tea, with sulphur added, will turn gray streaked and faded hair beautifully dark and lustrant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store, all ready for use. This is the old time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and after another application or two your hair becomes beautifully dark, glossy, soft and lustrant.

Having connection not with an evening meal, but with the verb "to sup" call not thy friends nor thy brethren, neither thy kinsmen nor thy rich neighbors. Jesus of course does not forbid social kindnesses and the interchanges among relatives and friends and neighbors, only we are not to confine our courtesies to these. "Lest they also bid thee again," Plato in his Phaedrus expresses the same thought, "When you make a feast, invite not your friend, but the beggar and the empty soul, for they will love you and attend, and will be the best pleased blessings on your head." Our Lord that is to say, complains of what society is itself continually complaining of, that so much is spent on the giving and returning of formal civilities which everyone knows to be hollow. "But when thou makest a feast call the poor." There were many exquisite axioms in Jewish ethics which forbade the spirit of exclusiveness in hospitality. The men to whom Jesus spoke might have remembered their own legend that Job lived in a house which was built square with a door at each side always open, that the traveller coming from whatever quarter might find him come. It is common in the east for a rich man to give a feast to the poor. Does he wish to gain some temporal or spiritual blessing? He orders a head-servant to prepare a feast for one or two hundred guests. Messengers are then despatched into the streets and lanes to inform the indigent that on such a day rice and curry will be given to all who are there at the appointed time. Long before the hour the visitors may be seen bending their steps toward the house of their host. When the feast is ready the guests sit in rows on the grass, and the servants hand out the portions.

"The maimed, the lame, the blind." Beggars swarm in the streets of Eastern cities, claiming help and pity on account of a manner of diseases, and the very common affliction of blindness—caused by the great heat, dazzling light, the dust and lack of sanitation. "And thou shalt be blessed here and always denotes rare virtue and felicity. "For thou shalt be recompensed at the resurrection of the just." Compare I. Tim. VI. 17-19; Acts XXIV. 15. But this is not to be the chief, still less the only motive of kindness. Our kindnesses will win for us God's approval in the great day of awards only when they are done solely from love—love to God and love to God's children on the earth.

WHAT IS THE BEST SEASON FOR DROPPING CALVES?

Closely associated with the question of the effect of the season of freshening on milk production, is that of its effect on the quality of the calves. A. McCandlish, of the Iowa Station (now resigned) says in the Journal of Dairy Science for July, 1922: "The fall and winter dropped calves were the better proposition, as at the age of freshening they had reached a greater weight than the spring and summer born heifers, and had been produced at the same feed cost per pound."

In his summary of the feed cost of growing 40 dairy heifers from birth to freshening, he notes: "1. The average birth weight, were 68 lbs. for the winter heifers, 64 pounds for the summer, and 67 pounds for all the animals. 2. The average weights at freshenings were 1,010 lbs., 941 lbs., and 922 lbs. for winter, summer, and all groups, respectively. The average live weight gains from birth to freshening for these groups were, 942, 877, and 915 lbs. respectively. 3. In total feed cost of production the ranking was: Winter heifers, \$109.89; summer heifers, \$102.43, and all heifers, \$106.81 each."

The author observes, "That the winter heifers have always made the best daily gains, and that heifers must be well fed from birth to give maximum yields of milk and fat when they reach production age." He also says: "The largest items in the feed cost of raising the heifers were whole milk, concentrates and alfalfa hay."

The foregoing are added reasons why more cows on dairy farms should freshen during the winter. Not only is more milk produced by this plan, but better heifers can be reared, which means more rapid improvement of the dairy herd.—H. H. D.

HOW TO CONDUCT A MEETING CORRECTLY

Knowledge of how to conduct a meeting on correct parliamentary lines gives confidence to the officers presiding, and does away with a good deal of waste of time, and often obviates unpleasantness, as strictly business like procedure lessens the likelihood of personal feeling asserting itself.

In order that proper procedure shall be followed it is necessary for each officer of an Institute, Branch or other women's society to inform herself thoroughly as to exactly what is required of her in attending to her duties. In this connection the following directions carefully adhered to will help in having smooth-running, business-like meetings.

The president shall preside at all meetings. In the absence of the president one of the vice-presidents shall preside. In the absence of all, those present shall elect a chairman for the meeting. In the absence of the secretary, the president shall name some person to act in her place, or ask the meeting to do so.

The usual procedure for a regular meeting is as follows:

1. Opening exercises.
2. Roll call.
3. Reading and approval of minutes of last meeting.
4. Unfinished business and discussion of business arising out of minutes.
5. Reports of committees and discussion of same.
6. Correspondence relation to the Institute, read by the secretary and discussion of business arising out of same.
7. New business.
8. Programme for the day.
9. Adjournment.

After the minutes for the last meeting have been read by the secretary it is usual for the presidents to say, "You have heard the minutes. Are there any corrections or amendments?" If there are she says "I declare the minutes approved as amended and corrected." The president should at once sign the minutes, or do so at the close of the meeting.

If the meeting is a special meeting, it will not be necessary to read the minutes of the preceding regular meeting, except as they affect the special meeting.

The report of a committee should be presented by the chairman, secretary or some other member of the committee, and there should always be a motion for the adoption of the report.

No item of business should be discussed until there is a motion on the subject before the meeting.

There should be only one motion before a meeting, at one time, unless it is a motion to amend.

When a motion has been made by a member either in connection with unfinished business or new business, the President should read or cause to be read, each motion as it is introduced, and should then ask: "Is there any discussion?" Before proceeding to vote she should read again the motion, and then ask: "Are you ready for the question?" She then says: "All in favor of the motion will signify by holding up the right hand." The vote is counted. She should then declare the result.

It is desirable that nominations be by ballot. When nominations are by motion, it is not necessary that the nomination be seconded.

Elections should always be by ballot, unless it is unanimously agreed by those in attendance to vote by show of hands, on by standing.

A vote by ballot is usually according to the wish of the majority of those present at the meeting, unless there is a clause in the By-

THE TWELFTH NIGHT PARTY

Twelfth Night, which as everybody knows is January 6th, was called "Old Christmas" when England was young and wound up the Christmas festivities with the merriest time of all. On this night there are many novel things to do but in this particular year Twelfth Night falling on a Saturday, merry makings take the form of Christmas parties.

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Rub Rheumatic Pain From Aching Joints

Stop "dosing" rheumatism. It's pain only. St. Jacob's Oil will stop any pain, and not one rheumatism case in fifty requires internal treatment. Rub soothing penetrating St. Jacob's Oil right on the tender spot, and by the time you say Jack Robinson—out comes the rheumatic pain and distress. St. Jacob's Oil is a harmless rheumatism liniment which never disappoints, and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache and neuralgia.

Limber up! Get a small trial bottle of old-time, honest St. Jacob's Oil from any drug store, and in a moment you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.

Apple Pudding With Batter

Peel, core and slice three or four apples. Make a batter of two eggs, well beaten, one tablespoon of sugar, two tablespoons of melted butter, one and one-half cups of milk, a teaspoon of vanilla and two cups of flour sifted with two teaspoons of baking powder. Beat thoroughly, pour over the apples, steam for forty minutes and serve hot with sweetened cream or sauce.

"I Had Bilious Attacks and Stomach Weakness"

Mr. Wm. Robinson, York, Sask., writes: "I suffered from stomach and liver trouble, and used to have bilious attacks so bad that I could do nothing for weeks at a time. My stomach would be so weak that not even a drink of water would stay on it. On my sister's advice, I began to use Dr. Chase's Kidney-Liver Pills, and must say that they have made me feel like a new woman."

DR. CHASE'S KIDNEY-LIVER PILLS

One pill a dose, 25 Cents a box, all dealers, or E. H. Mansfield, Boston & Co., Ltd., Toronto.

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Eat and Get Thin

This is turning an old phrase face about, but modern methods of reducing fat have made this revision possible.

If you are overweight and also averse to physical exertion, if you are likewise fond of the table and still want to reduce you r, excess flesh several pounds, do this: Go to your druggist (or write the Marmola Company, 4612 Woodward Avenue, Detroit, Mich.) and give him (or send them) one dollar. For this modest amount of money the druggist will put you on a course of satisfying your ambition for a nice, trim, slim figure. He will hand you a case of Marmola Prescription Tablets (compounded in accordance with the famous Marmola Prescription) one of which you must take after each meal and at bedtime until you begin to lose your fat steadily and easily. Then continue the treatment until your weight is what you desire. Marmola Prescription Tablets are not only harmless but really beneficial to the general health. You don't need starvation diet or weakening exercises. Just go on eating what you like, leave exercising to the athletes, but take your little tablet faithfully, and without a doubt that flabby flesh will quickly take unto itself wings, leaving behind it your natural self, neatly clothed in firm flesh and trim muscles.

HOW TO SLEEP 3-IN-A-BED

YES, it CAN be done—but not like this.

The trouble is, most people go to bed with "something" on the mind—OR ON THE STOMACH!

The answer is, no matter what the day has brought forth to upset your mind and digestive organs, take Beecham's Pills when you retire.

Though in no sense a "sleeping potion," this 80-years-famous household medicine so harmonizes the system that you can sleep in quiet and perfect rest, even in two feet of bed space.

Beecham's Pills are as efficient and harmless for children as for adults—sweetening the stomach, invigorating digestion and stirring liver and bowels to natural activity.

At All Druggists—25c and 50c

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DR. CHASE'S KIDNEY-LIVER PILLS

One pill a dose, 25 Cents a box, all dealers, or E. H. Mansfield, Boston & Co., Ltd., Toronto.

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14.—Charged to a minor, by impris- ers and the local physi- of Judge De- was fixed at 1 will appear ng on Jan-

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