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PURE AND WHOLESOME. ONE POUND CAN 25c

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**Iron-Ox Tablets Cure Constipation**

By going to the root of the trouble. They produce a healthy, strong, normal action of bowels and liver.

For sale and recommended by Apothecaries' Hall, Johnson & Johnson, A. W. Reddin, J. G. Jamieson, and in Summers' at Gourlie's Drug store.

**This Centrepiece FREE**



Home Journal TORONTO, ONT.

Synopsis of Canadian Northwest HOMESTEAD REGULATIONS.

ANY person desiring to acquire land in Manitoba, Saskatchewan and Alberta, (excepting 8 and 20, not reserved, may be homesteaded by any person who is the head of a family, or any male over 18 years of age, who is the owner of one-quarter section of 160 acres of land.

**The London Directory**

ENABLES enterprising traders throughout the Empire to keep in close touch with the trade of the Motherland.

**Good Complexion**

When Pimples and Blisters Disfigure the Skin

It means bad blood, bad digestion or constipation. First two are the result of the last. FRUIT-A-TIVES cure all three.

When the bowels don't move regularly, poisonous matter remains in the intestines. Instead of the blood taking up wholesome nourishment to build up the system, it absorbs part of this poisonous matter which causes pimples and blotches on the skin.

Gases are formed by this matter, which get into the stomach, upset digestion, coat the tongue, and taint the breath. Fruit-a-tives purify the blood—correct digestion—and clear the complexion—because they cure constipation.

"I am on my second box of Fruit-a-tives now, and I can honestly say they are the best medicine for Constipation and Stomach Trouble I ever used."

MRS. P. CODY, OTTAWA, ONT.

These wonderful little tablets are pure fruit juices—prepared according to the secret formula of an Ottawa physician who discovered the method of using fruit to cure disease. Fruit-a-tives act directly on the liver, increase the flow of bile, and thus causes the bowels to move regularly and naturally every day.

**Fruit-a-tives**

or Fruit Liver Tablets.

At all druggists. See above. Manufactured by Fruit-a-tives Limited, Ottawa.

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MANITOBA HARD WHEAT gives this flour its STRENGTH and ONTARIO WHITE and RED WHEAT its COLOR and FLAVOR.

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**IF!**

Everybody knows that Cod Liver Oil is a wonderful flesh producer, IF you can take it.

Nobody doubts that Iron is the greatest enricher of the blood, IF you can digest it.

It is well known that Phosphorus is the ideal nerve and brain tonic, IF it is properly administered.

"IF," ah! there's the rub.

But everybody does not know that Cod Liver Oil, Iron and Phosphorus have at last been combined in an emulsion so palatable that anybody can take it, so easily assimilated that the smallest infant can digest it without difficulty and so perfectly and scientifically prepared that the value of the original ingredients is enhanced fourfold.

This emulsion is known as

**FERROL**

(Iron and Oil)

"FERROL" has wiped out the "IF."

"FERROL" has brought the wonderful and universally recognized virtues of Cod Liver Oil, Iron and Phosphorus within easy reach of the multitudes who need them.

"FERROL" is the only perfect emulsion of Cod Liver Oil, because it is the only one that contains IRON and no emulsion is perfect without it.

That is why FERROL is an unequalled system builder.

FERROL is not a patent mystery. The formula is freely published. It is prescribed by the best Physicians. It is endorsed by the most eminent Medical Journals. It is used in the prominent Hospitals, Sanitariums, etc.

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For Sale by **D. L. McKinnon - Montague.**

**SUNDAY SCHOOL LESSON**

THIRD QUARTER

WORDS AND WORKS OF JESUS AS RECORDED IN THE GOSPELS.

LESSON XI—DECEMBER 16.

JESUS RISEN FROM THE DEAD.

Matt. 28. 1-15 Memorize verses 5, 6.

GOLDEN TEXT.

He is risen, as he said.—Matt. 28. 6.

Time.—Sunday, April 9, A. D. 30.

Place.—Jerusalem and immediate vicinity.

HOME READINGS.

M. Jesus risen from the dead, Matt. 28. 1-15.

Tu. The empty tomb, John 20. 1-10.

W. Weeping turned to joy, John 20. 11-18.

Th. Disciples convinced, John 20. 19-31.

F. Paul's declaration, Acts 13. 33-37.

S. Many witnesses, 1 Cor. 15. 1-11.

Sa. Alive for evermore, Rev. 1. 9-18.

EXPLANATION.

1. "In the end of the Sabbath."—That is, almost twelve hours after the close of the Sabbath on the evening preceding, as it began to dawn toward the first day of the week. "When the sun has risen" (Mark). Both Mark and Luke mention the bringing of spices and ointments by these women. "Mary Magdalene"—Probably so-called because from Magdala, a place in Galilee. (Comp. Matt. 15. 30.) She is mentioned also in Luke 8. 2 as one of several women who ministered unto Jesus. Some have inferred from the fact that seven demons had been driven out of Mary Magdalene that she must have been the woman mentioned in Luke 7. 36-50, but there is nothing in any of the gospel narratives that warrants such an inference. "The sepulcher"—A new tomb belonging to Joseph of Arimathea.

2. "The angel... rolled back the stone."—An inference and explanation of the evangelists, there having been no eye-witnesses of the event. The earthquake alone would have been sufficient to remove the stone, though this again may have been but the means employed by the heavenly messenger.

3. "His countenance was like lightning."—Luke and Mark both mention two angels: "Two men stood by them in shining garments" (Luke); "Two angels in white sitting" (John).

4. "The keepers did shake."—The Roman guard granted by Pilate. (Comp. Matt. 27. 66, 68.)

5. "Fear not ye."—The pronoun "ye" being emphatic in the original. The Roman soldiers might be well alarmed, but not so disciples of Jesus.

6. "He is risen, as he said."—Jesus had on several occasions foretold his resurrection from the dead. (Comp. Matt. 12. 40; 16. 21; 17. 23; 20. 19.) "Come, see the place where the Lord lay"—The angels urged the hesitating women to examine for themselves the empty tomb.

7. "Till his disciples."—"And Peter" (Mark) "He goeth before you, Literally, He 'leadeth us as a shepherd.'" "Into Galilee"—"But after I am risen again, I will go before you into Galilee" (Matt. 28. 32.)

8. "Jesus met them."—The events recorded in John 20. 1-18 and in Luke 24. 1-12 must be inserted just preceding v. 9. Note the explicit statement of Mark (16. 9) "Now when he was risen early on the first day of the week he appeared first to Mary Magdalene." "All hail"—Literally, "Rejoice," the ordinary salutation both on meeting and on parting. "Held them by the feet and worshipped him."

9. "My brethren."—The risen Christ inaugurates a new and more exalted fellowship and brotherhood of man, of which he himself is the head and centre. "He is not ashamed to call them brethren" (Heb. 2. 11.)

10. Verses 11-15 have no parallel in the other gospel narratives.

11. "Large money"—Literally, many pieces of silver.

12. "While we slept."—A most absurd excuse for a Roman soldier to offer under such circumstances, the penalty of the Roman soldier for sleeping at his post being death.

13. "Persuade"—Persuade by bringing. The soldiers doubtless knew Pilate well enough to believe that he would yield to the same inducements offered to them. "Secure you"—The same word occurs in 1 Cor. 7. 32. "I would have you without carefreeness."

14. "This saying is commonly reported among the Jews until this day."—Matthew, writing more especially for Jewish readers, is careful to record the true facts in the case.

QUESTIONS ON THE LESSON.

On what day of the week did Jesus rise from the dead? What message of cheer and hope does this lesson bring? What reason can you give for considering the narrative of the resurrection at other seasons of the year than Easter? What has been the important message of this lesson to you personally?

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