

GUARD AGAINST ALUM BAKING POWDER SEE ALL INGREDIENTS...

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IS YOURS A Case of "Nerves?" Favorite Prescription. Hot flashes, dizziness, fainting spells, backache, headache...

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NERVOUS, LIFELESS DEBILITATED MEN. YOUNG MEN AND MIDDLE-AGED MEN, the victims of early indiscretions and later excesses...

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, JULY 13. Lesson II. Moses Prepared for His Work. Exod. 2: 11-25. Golden Text, Matt. 5: 5.

Our lesson passage for to-day follows immediately upon that of last Sunday without any intervening events. It records what may be considered as a first unsuccessful attempt of Moses to champion the cause of his fellow countrymen...

Verse 11. He went out into his brethren. The verb in the original is emphatic, as though the intended meaning were that Moses had deliberately quit the royal court...

Verse 12. Looked this way and that way. Well aware of the fact that the action to which the inclination of his heart was prompting him was wrong.

Verse 13. The second day—Actually, the following day. The fellow—Neighbor. 14. Who made thee a prince and a judge over us?—The royal training which Moses was, doubtless known to have received, together with the wrongful act of which he had been guilty...

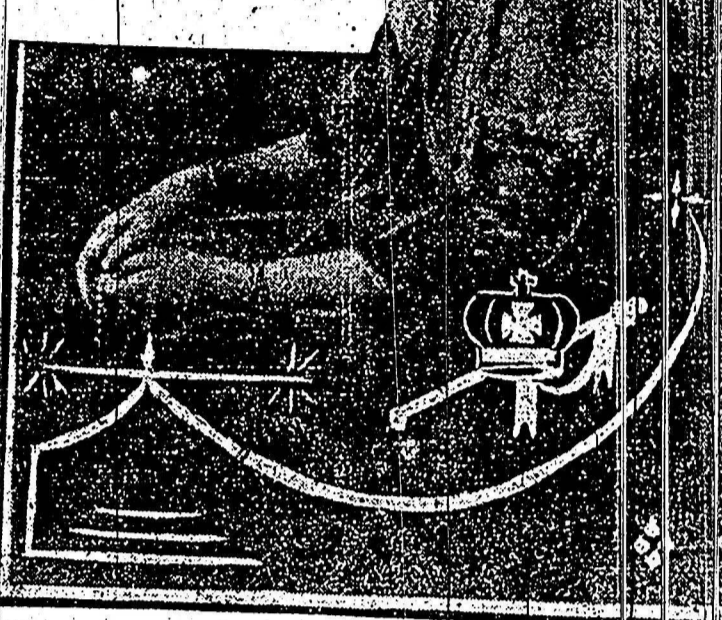
Verse 15. Sought to slay Moses—Determined to put him to death, being prevented from so doing only by the sudden disappearance of Moses. The land of Midian—The Midianites being nomads, any reference to the land in which they dwell is of necessity somewhat vague...

Verse 16. Priest of Midian—Compare comment on Reuel, verse 18, below. 17. Moses stood up and helped them—Took their part against the dishonoring shepherds and watered their flock.

Verse 18. Reuel—Elsewhere called Jethro (Exod. 3: 1, 4; 18: 1), though the name Reuel occurs also in Numbers 10: 29. This apparent inconsistency is explainable on the basis of various earlier narratives which in our book of Exodus have been combined into a single continuous story.

Verse 19. An Egyptian—Judging from his dress and speech, they could come to no other conclusion. 20. Eat bread—The unflattering sign of Oriental hospitality is the proffered meal.

A Profile of Princess Patricia, Daughter of the Duke and Duchess of Connaught—This Is Her Most Recent Picture, and Is Interesting Because of Her Probable Return to Canada With Her Parents.



FROM BONNIE SCOTLAND

Curious and interesting regarding India's past and the strange uses natives put the precious metal in a report contained in a report...

The Highland Pipers' Society, Edinburgh, has a record membership this year. Lord Glenconner has given a donation of \$5,000 to the Edinburgh Royal Hospital.

The death of a fire in one of the Broxburn Oil Company's mines, about 100 men have been thrown idle. Coach builders and men employed in making bodies for motor cars in Dumfries have obtained an advance in wages.

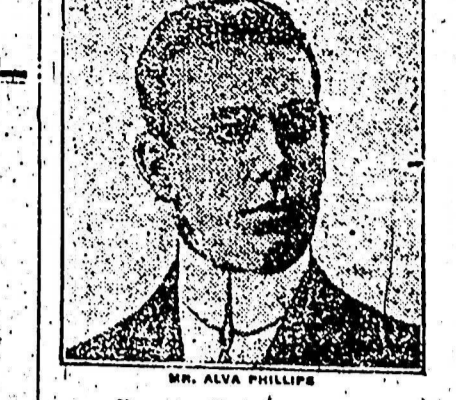
The Aberdeen upholsterers, who have been on strike for a month, have agreed to accept an offer of an increase of 2d. per hour in wages. Operations in connection with the restoration of Ayr Fort Castle are still proceeding and excavations are being made in the vicinity of the Turret.

The new liner Aloupa for the Cunard Line's London and Southampton Canadian service has been launched at Scott's yard at Greenock. The Aberdeen Town Council have purchased a site and building ground abutting in the West Bay promenade in Mr. Walter Macdonald's yard for \$7,250.

The new Sunday service of trains for the Guelphonian Railway Company to Whitecourt, Gen. has been inaugurated. Plans have been passed by the Aberdeen Planning Committee for the Training of Teachers at a cost of \$246,000.

PARALYSED AND COULD NOT WALK

"Fruit-a-lives" Completely Restored New Brunswick Merchant to Health.



BRISTOL, N. B., July 24th, 1913. "I am unable to say enough in favor of 'Fruit-a-lives' as it saved my life and restored me to health, when I had given up all hope and when the doctors had failed to do anything more for me. I had a stroke of Paralysis in March, 1910, and this left me unable to walk or help myself, and the Constipation of the bowels was terrible. Nothing did me any good and I was wretched in every way. Finally, I took 'Fruit-a-lives' for the Constipation, and it not only cured me of that trouble but gradually this fruit medicine toned up the nerves and actually cured the paralysis. Under the use of 'Fruit-a-lives' I grew stronger and stronger until the palsy and weakness left me. I am now well again and attend my store every day and all day."

ALVA PHILLIPS. "Fruit-a-lives" is the only remedy in the world that is made of fruit juices and food.

Every Woman. In interested and should know about the wonderful Marvel Whirling Sprue Doucho.

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Synopsis of Canadian North-West Land Regulations

Any person who is the sole head of a family and who has been for at least one year in Manitoba, Saskatchewan or Alberta. The applicant must appear in person before the Local Agency of his section for the purpose of being sworn by the Surveyor. Entry by proxy may be made in any section not situated in a town, village, city, or other settlement.

A WIMBOR LADY'S APPEAL

To All Women: I will tell you a story which will help you to understand the importance of a woman's health. My name is Mrs. M. J. Wimbors, and I am a widow with three children. I have been suffering from a chronic illness for many years, and I have tried every remedy that I could find, but nothing has helped me. I have been told that I should try 'Fruit-a-lives' and I have done so, and I am now well again.

ARE YOU ONE OF THOSE WHO SUFFER?

Na-Dru-Co-Dyspepsia Tablets will help your disordered stomach to digest any reasonable meals, and will soon restore it to such perfect condition that you'll never feel that you have a stomach. Take one after each meal. 50c a Box at your Druggist's. Made by the National Drug and Chemical Co. of Canada, Limited.

Woman who wants just a little more than she brought, but often the special will send her away satisfied. So the woman saves money because it is cheaper to have blacksmith tool the rice than to buy fuel to cook it herself, and blacksmith gets his rice without any expense.

What Struck Him. A man going home at a late hour in the night saw that the occupants of a house standing flush with the street had lit a window up, and he decided to warn them, and perhaps prevent a burglary. Putting his head into the window he called out "Hallo!" good people! That was all he said. A whole pile of water struck him in the face and he staggered back a woman shrieked out "Didn't I tell you what you would get if you wasn't home by nine o'clock!"

Why? Because you surely don't wash the windows washed? The lady of the house reproachedly said "I washed 'em myself." "Why?" "Well, so we can look at 'em." "But I don't see how you can look at 'em if you wash 'em." "Oh, I wash 'em with a little dish of water." "Why?" "Well, I wash 'em with a little dish of water." "Why?" "Well, I wash 'em with a little dish of water."

WAS A CONFIRMED DYSPEPTIC. How Finds it a Pleasure to Enjoy Meals. Here is a case which seemed as bad and as hopeless as yours can possibly be. This is the experience of Mr. J. J. Brown, 384 Bloor Street S., Toronto, in his own words.