

At eventide I sit alone
And count the treasures that I own
For rich and poor
Earth's prizes are the same to both
The sunset glow, the twilight's glow,
The night's jeweled sky

The fragrance of the faded rose
And every scented flower that grows
Were made for me
Mine are the bright-lit butterflies
That flit about the garden's borders
Joyous and free

Each masterpiece of art that's mine
Was painted by a hand divine
The sea—bright with golden sand
The rainbows—beamed over storm-wracked
land
God's promise speaks

But more than all these treasures rare
Are friendships gathered here and there
Proven and tried
Birds and flowers, the world's end,
Even the stars at last burn out,
But these abide

Go, though I own no feet of earth,
As I go here by right of birth
To all these things
And I would not exchange my part
Inheritance of soul and heart
For wealth of kings
Ella Carter Johnston

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, OCTOBER 13, 1929

KNISPING FIT FOR THE BAKE OF OTTAWA
Golden Text:—The path ye not that your body is a temple of the holy spirit which is in you, which ye have from God? and ye are not your own, for ye were bought with precious blood, God's Son, therefore, your body—1 Cor. 6: 19, 20.
Lesson—Dan. 1: 8-20; 1 Cor. 9: 19-27; 1 Tim. 4: 7, 12; 2 Tim. 2: 21, 25.

Sunday: Preliminary.
Read the four Bible passages.
Consider with each what is its bearing on the problem of the day of the present day.

Monday: The Purpose.
Dan. 1.—Daniel and his three friends were captives in Babylon, being trained to be officers of the king. They were lodged in the palace, and portions of the food from the king's own table were placed before them. Daniel, however, did not partake of the food which with the food, which had been prepared according to the sacred rules of the Jews, and which would have been consecrated to heathen idols, the prince of the eunuchs, whom he approached, was the officer in charge of the kitchen and of the daily training.

Tuesday: The Result.
V. 11.—This steward had immediate charge of the food, and Daniel did not give up easily.
V. 12.—"My pulse," vegetables in general are meant.
V. 13.—All that temperance needs is a fair trial and a careful comparison with intemperance. The test will always be overwhelmingly in its favor.

Wednesday: The Result.
V. 14.—The steward was a just and independent man; he must also be sympathetic with Daniel's purpose.
V. 15.—All the old drinkers' arguments about the advantages of alcoholic liquors, for strength, for heat, for energy, for mental brilliancy, for endurance, have fallen to the ground under scientific examination, and the exact opposite of each has proved to be the case.

Thursday: Crowned Self-Control.
1 Cor. 9: 25.—Paul, in his great love for all men, was ready to be and do all things, but not to win them to the loss of his own soul. How he would scorn that would put the temptation to drink in men's hands!

Friday: He an Example.
1 Tim. 4: 7.—Paul, writing to his beloved young associate, Timothy, urged upon him to seek godliness by exercising all his spiritual powers, and to seek godliness by exercising all his physical powers, and godliness is best attained by the use of the body.

Saturday: A Good Soldier.
2 Tim. 2: 1-5.—Paul was writing from a Roman prison, and he was soon to suffer a martyr's death; it summed up his life in a few words, that he had lived as a good soldier of Jesus Christ. What would he think of those who deliberately poison themselves for a moment's wild revelry, and render it impossible for them to do any worthy service at all? He would say that such a person has forfeited his place in the army of the King.

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Our devoted forefathers, so easily shocked in many ways, used to permit in the pulpit liberties which in our time would be strongly disapproved. Their personal application of Scripture was very close to the line of libel, and they did not deem it a minister's duty to select his text with a distinctly humorous or satirical, even sometimes perverting or cutting it for the sake of a witty adaptation to circumstances.

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WHITE EMPRESSES TO CALL AT HONOLULU

READY IN TWO MINUTES! A HOT NOURISHING BREAKFAST SHREDDED WHEAT

With all the bran of the whole wheat

All the body-building elements of the whole wheat, nothing added, nothing taken away. So easy to serve and so deliciously nourishing. Gives new vigor and life to tired tissues. Serve with hot or cold milk or fruits.

Waikei Beach and Betty Diamond Head that flings its crest high in proud glory or dignified farewell, its now to be added to the westward route of the famous Canadian Pacific line, the White Empress, that long named for Canada, the Blue Ribbon for speed on the Pacific.

Starting December 7 from Victoria and Vancouver the Empress of Canada, which has just returned to service after being equipped with the fastest and most powerful engines on the Pacific, will inaugurate the new service and will call at Honolulu six days later.

Highlights of some of the features of the "Island Paradise of the Pacific" are shown above, with left the almost new of the 21,500 ton Empress of Canada, behind the flower-decked masted, famous in song and story. At the right is the Aloha Tower of the docks, that sports a Hawaiian "Aloha" to the traveler.

Passengers to the Orient by the new Canadian Pacific service will be given the opportunity of staying over for the best ship of paying a visit during the twelve hours the Empress remains in Honolulu. Visitors to the Islands who plan to leave Jack Frost behind have many options for their return voyage. Several lines have co-operated with the Canadian company, and after a long layover winter on the sands of Waikiki, north travelers may return to Vancouver by the Canadian Australasian Royal Mail line direct, or may come back by a Matson Line steamer to Portland, Seattle or San Francisco, or to Los Angeles by the Los Angeles Steamship Company.

Does it pay to wear tires OUT? It does not pay to run tires till they go to pieces—because—

It's dangerous. A blowout may easily lead to a crash.

It's false economy. You can't afford the time, the trouble and the inconvenience that blowouts bring.

It's not worth the worry. You can't ride in comfort if you know a blowout is due any minute.

It will pay you to let us pull off those old tires and put on a set of brand new Dominion Royal Cords or Royal Masters. They will free you from worry. Royal Cords will cost you less in the long run than any other tire in their class—Royal Masters are in a class by themselves.

DOMINION TIRE DEPOT ACTON Phone 150 Highway Garage

Health in Modern Industry

Modern industry lays great stress on health—physical and mental fitness of the worker.

One might easily infer from the pictures that they were taken in a city hospital. As a matter of fact they show a part of the medical equipment on the ninth floor of the Bell Telephone Company's new headquarters building, Montreal.

Seven hundred and fifty doctors, specialists in the various branches of medicine, are a part of the Company's territory-wide health program. This program includes free medical examination, visiting nurses, health courses, first aid and accident prevention.

Did you ever stop to think? Clyde M. Reed, Governor of Kansas, says: "That government as we know it has been a child in pain, sickly, peevish and restless, the cause is worms. These worms range the stomach and intestines, causing serious disorders of the digestion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms, correct these faults and help the organs to healthy action."

AN OLD SAYING It is an old saying that an ounce of loyalty is worth a pound of brains. Whether or not this is true, I do not know, but I do know that many successful employers feel that way. Hence, they will not let you climb up. Never kick it down.

MIGHT HAVE BEEN LINDENBOIG The Spirit of St. Louis was making a few silver circles before its reluctant descent upon Mitchell Field. "Well," Lindenberg corrected a bystander. "Not Lindenberg Lindenberg" corrected a bystander. "Well," Lindenberg corrected a bystander. "Not Lindenberg Lindenberg" corrected a bystander.

WANT ADS What a mail for hard work and promotion, who can find things to do without the help of a manager and his assistants.

NO MORE BENT Don't buy only bent an actual, have not two tickets, for honest and standard, to see him play the villain in the drama "All Day" at the Grand Theatre.

POP WAS WRONG Don't pop it, I got trouble at school today, it's your fault.

POP HOW'S THAT? Don't remember I asked you how much it cost?

POP YES, I REMEMBER. Don't remember I asked you how much it cost?

POP WELL, "A HELLOVA LOT" BAN'T BE HOWLING!

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Wednesday: The Result.
V. 14.—The steward was a just and independent man; he must also be sympathetic with Daniel's purpose.
V. 15.—All the old drinkers' arguments about the advantages of alcoholic liquors, for strength, for heat, for energy, for mental brilliancy, for endurance, have fallen to the ground under scientific examination, and the exact opposite of each has proved to be the case.

Thursday: Crowned Self-Control.
1 Cor. 9: 25.—Paul, in his great love for all men, was ready to be and do all things, but not to win them to the loss of his own soul. How he would scorn that would put the temptation to drink in men's hands!

Friday: He an Example.
1 Tim. 4: 7.—Paul, writing to his beloved young associate, Timothy, urged upon him to seek godliness by exercising all his spiritual powers, and to seek godliness by exercising all his physical powers, and godliness is best attained by the use of the body.

Saturday: A Good Soldier.
2 Tim. 2: 1-5.—Paul was writing from a Roman prison, and he was soon to suffer a martyr's death; it summed up his