### HEALTH SELDOM COMES BY CHANCE TO PERSONS OVER THIRTY

Good health regard he takes for greated any more than a pool faroine can. He for persons over thirty it is just as antest and business it to plan to enjoy a good laroine. And it's just as much a matter of plan remains seems to

In Lealth, your chartrowings are, at first, likely to be those amorping, and exactly-well feelings. At sort these, if your blood were tested, it would beent labely be found "low to count". This should a shortege of ted corpuntes and the corpurtes themselves that of hasanglade. Make up this double shortege, and you'll come up to normal hashib again. Neglect it and notions results may fullow.

Observing, in his practice, the importance of herolog the vitality of the blood up to normal a Canadian authority originated a blood tuilding proparation which has been helping run-down people back to health for nearly half a contury. This proparation, new haswn the world over as fir. Williams' Frak Stile, donnitely institutes the blind "count" in the majority of cases, thereby restoring vitality, attacking asyron, importing acreages and tening up the whole syntam. He the person over thirty who had good health eliging. In well advised to take at least a hirdry fractment of this circlist well advised to take at least a hirdry fractment of this circlist. records. The charact of characters has been pourtically climinated in math a freetward, became tends trainedly made by an authority in a clinic of 40 people, provide combinitely by individual bland "round" that I'm. Williams brink brills cortainly improve the health by exclude the bland. Full the boy box.

### MEER YERF PARW FOR

from to not hard, although we say "as hard as iron." It is so durille that it can be drawn into wire as time as human hair, and when two time as human hair, and when two tan be welded together. Marosco latther doss from Morocco; It is imported from brein and Helgium. India ink is not made in it comes from China

The whale is not القانون وا mode-water does not

denied attacements venour witch falls in drops owing to the lowering of the temperature below despoint. Billed worms are not blind; they tave very starp and brilliant eyes

though somewhat small.

A hangman's wages to not one and three-halfpense. It used to be the case of noblemen who are bet-saded. They were expected to give the extended. They were expected to give the extended was quite a little flutter of excitement ecutioner as much as V for for chopping off their heads. If a paer were whole, while that attention of her has to be hanged to-day he would claim hand It is prepared by charging ordinary the privilege of being suspended by a water with carbon dioxide gas under silken cord.

# CheSNAPSHOT GUILLE Don't Let Winter Stop You





Watch your exposure and you will get plessing pictures. The exspekst at the laft, taken with a folding camera at /3 and 1/25th of a second, la properly exposed. The one on the right simulates the effect of underexposure from two small a stop opening or too fast a chutter speed.

column wrote in saying she enjoyed the former and the monochrome the Snapshot Guild immensely and print conforms very closely to the

Here I have been taking it for help you get better results, that is, granted that everybody knew that if you follow it. When taking a with present day fine film it is pos picture make a note of the "stop" sible to take good pictures the year you used, that is-the first or sec-'round-winter included. Well, if oad, or third opening, if you have Mrs. - thought she would a box camers, or, if you have a foldhave to wait 'til spring to take pic- ing camera note f.s. f.11. f.16 and tures doubtless there are hundreds so on, or just 4, 8, 16; and with a more of the same belief.

in the winter is just as easy as in of a second. 1/50th or whatever it summer, opportunities as numerous may have been. When prints are reand scenes just as beautiful.

however, to keep in mind when tak- not show up as I expected. Let's see ing pictures in the winter-WATCH Bow-I took this picture at noon at YOUR EXPOSURE! Many seem to 1/50th of a second and had the diathink that because snow is white, phragm set at f.11. A little too fast exposures should be much shorter to get the proper exposure under the than in summer. This would be true hazy winter sky on that day. The if there were nothing but snow in next time under the same condithe picture and if the light were as tions. I'll either set the disphragm strong in the winter as in the sum- pointer at f.\$ to let in more light mer. Neither condition exists, how or else leave the disphragm opening ever. Trees, houses, buildings, ant. at f.11 and set the shutter speed at mais, etc., retain their usual color, 1/25th of a second so as to give the so exposures must be timed accord. picture a longer exposure." It's

shadows and let the highlights take of your pictures. care of themselves,-is still worth It might be a good idea to cut following. Although objects are out the pictures printed above and brightened somewhat by greater re- keep them for future reference. faction from the anow, this is fre They will help you in judging your quantly fully offset by the lesser own pictures if you are not quite intensity of the sunlight in the sure just what is wrong with your

attract attention at other seasons. tures. Go shead and shoot. With photography as the medium

A LETTER received the other day of expression. Winter scenes are opened my eyes and made me more truthfully rendered in black realise that sometimes we take too and white than summer somes. much for granted. A reader of this Color is absent for the most part in would be so happy when winter was predominating whitee, grays and over and spring arrived so that she could take some good pictures again.

folding camera also make note of the Relieve it or not, picture taking speed of the shutter, that is, 1/25th turned you can say to yourself-There is one important thing. "This one is awfully light and does

really valuable information to have The old rule-expose for the and will belp improve the quality

Where snow is not smudged by So-don't let winter stop you. white, clothing familiar scenes in taken and by giving a little thought new guises and lending a peculiar to light conditions plus a little excharm to trivial objects that fall to perimenting you'll get good pic-

JOHN VAN GUILDER.

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#### PETER'S DENIAL

Because Cain killed his brother In the garden long ago; Because through all the ages Men have given blow for blow;

Must be shoop! the dictum That the world was made for Mind we believe that warrare Is the goal of human life? They tall is human nature 31, 54, 66-72.

Never changes age to age; That history is recidened With war on every page: Yet human conduct changes Underneath the reign of law; And only nations answer To the rule of tooth and claw.

IS WAR DREVITABLEY

The day band come, my brothers, When the nations shall forestell The art of human claughter. As It is foreworn chesture: For if we keep on killing, As we have in recent years. The time is not far distant Till our richal doom appears.

K Guy Talbot In Freshylerian Advance.

the river, you'll usually find there's a An Unexpected

When a man decides to go jump

Reunion By ORACE BLAIR

fished allpiers but his eyes were that peculiar blue which can, if necessary, turn to points of hard steel.

"Ob." etclaimed Gloria. "I feel tears. "Do you-a-like me?"

bit of garden and during the settling ship towards Christ. of the furniture there was a slight dispute. "No," Gloria's tene was very final, had room overlooking your garden.

The nicest room in the house is fur Deddy Dison or no one." by women folks," smiled Dizon and high priest, as he warmed himself by

to be living under the influence of a great privilege and he often wondered had forgotten the warning which what had brought Dixon down in the financial world. They never however

spoke of these intimate matters. And when all was nicely settled Aunt Hue was invited down. Bhe had pursistently refused to make her home with Larry and Cloria saying that younguters were better off by themselves and she continued her lonely

Larry brought Aunt Hue out on the train with him. Aunt Sue seemed atways to be dreaming of a past and in was a glow so steady as to make the

"Hus--Bus my dear." "Donald-my own Donald," and Aunt Rue promptly swayed and would have fallen but that Dixon's arm was swift as lightning and strong as steel, took her from me once-she's mine

They stood for a second only in the doorway of the big living room. Haddy Dixon was down on his knees beside the Chesterfield and Aunt Bue's wisp of lace handkerchief was in his hund the was brushing very softly something from the eyes of the eliver headed Bue and her white hand fluttered against his cheek.

Cloris and Larry tiploed away. A scant wook later, when there was s golden band on Aunt Bue's finger and 4. Was Peter's denial due to loss I mildy Dixon was very proud and very imppy he pleced to the bite of the story that rounded up in his having advertised for some one to live with

"I had a score of relatives who were flunting like tigers to get my money." he told them "hypocrites, all of them. really love me and I think-yes I know I found all I was seeking-and more." And Daddy Dixon smiled his gentle

### She Plays Organ

DOLDEN TEXT: "Wherefore let

him that thinketh he standeth take need lest he fall." I Corinthians 10: LEBBON PABRACE: Mark 14: 21-There came a mist and a blind-

ing rain.
And life was never the same again. After the resurrection he sons which undermine the health. would go before them to Calife, a place of many memories and chertaked associations. It is sell for us to know that life is dangerous. We need to have a wholesome, fear lest we make mistaked or act foolishly. Our fears are as a safeguard for our

fall. Christ is the good libepherd who restores our couls Christ warned his disciples, but he did not dis-Poter's Helf-Confidence, 19-11. armed. The prediction that he would a second helping. For such unusua "Larry, there to an advertisement deny his Master seemed preposterous flavors every good cook is constantly

protection Yet we are not to live in

a state of undue dread because there

Its forgheness for us even when we

"Larry, there is an advertisement lere which simply its like a glove into our acteums for living more economically."

"Fire away, you young a lemer," advised Larry.

"Fire away, you young a lemer," advised Larry.

"There's an elderly man here who will give a couple bis house, rent free, if they have their own furniture and will let him live with them aw one of the family. I'd be more than glad to wait on him and perhaps we could pursuade Aunt Hue to come and live with ua."

"He might be a terrible old man," cautioned Larry.

Hut, next day, Gloria, looking very awas an elderly man who with U.P. Its on the fire was harty, he apoke before he thought. It sould almost seem that the fired and it would almost seem that the pars well. His expression was gentle, for he was a gentleman from his allere hair to his well politished alipters but his vege were that

"Filster as a boaster who could not make good his high-counding words."

Fullsulars Afar GM. Et.

"Filster as a boaster who could not make good his high-counding words."

Fullsulars Afar GM. Et.

"Filster as a major that the count of the plant of

his high-counding words." Liark was not an eye-witness of to substitute 1-3 cup of pineapple these incidents which he records, yet juice in each cup of water your pres-He liked Oloria. Hhe was the only one of the many applicants for the house that he really functed.

"Friends" he told her quite frankly. Hark accompanied Peter and heard this house and I want to live in it if the story reads as the account of an ent recipes call for.

Do not confuse the juice from can-plained? It is commonly believed that the plained? It is commonly believed that the plained of the many of his sermons, and wrote his in various also of containers, has this house and I want to live in it if gospel using materials gained from that rure and delicate flavor that possible. Do you think you could make virtually Peter's gospel and Peter did.

an old man feel at home with you and your bushend. Home is the most wonderful place on this earth—if it is very likeable character, but he becomes immediately more likeable to us if to leter himself that we owe could call you Daddy Dixon right this account of his boastfulness, of away." Her soft eyes filled with his following afar off, of his warning timest at the fire while his Master "My dear," said Daddy Dixon, "you and your husband can move down this candid as Peter. After all the purchast the pose of this leason is not to affix the and pour into sauce to thicken; bold share of blame upon Peter, but to be for five minutes and remove from the pose of the pose of this leason is not to be for five minutes and remove from the pose of the pose of this leason is not to be for five minutes and remove from the pose of t

Peter's Denial, 68-68. The unexpectedness of the temptation and the term in which it came "se simply will not take that lovely |led to Peters downfall. In the Carden of Oethuemane he had drawn his sword and was ready to fight, risking his life for the protection of his Lead-"I'm not used to being bossed about questioned by one of the maids of the there was the softast of lights is his blue eyes, "you see I've never man follower of Jeaus of Nazareth. Why did he do this? Was it fear of arrest? Was it fear of arrest? Was it that he had lost faith for the moment in Christ? Or was it one of those inexplicable but inexcusable lapses of which even strong characters are occasionally capable? This much can be said for Defer that his apple sauce. The arrangement was more than much can be said for Peter, that his apple sauce. successful and even Larry felt that denial was not premeditated or de- Pincepple Cheese Randwickes

time before. Character is revealed not alone by and spread between buttered slices of a sudden fall but by the attitude of nut and raisin bread. been guilty of a denial of which he was ashamed until his dying days. Vet instead of it leading him away from Christ, it drove him back to Christ. When he thought of his action he wept. Only a strong man could show remorse such as that. Bome seek to explain the cockcrow the depths of her clear brown eyes changing of the Roman guards. was a glow so steady as to make the younger generation, wonder what it meant.

Daddy Dixton and Gloria rushed from the house when they saw the two coming in the garden gate and they met just half way up the old flagged path.

Auat Sue was hugged up jn Gloria's arms so swiftly that she and Daddy Dixon did not at first glimpae one unother.

Then:

Whether it was an actual bird or an arms acount as Peter heard the word of Jesus. His denial was made all the word of Jesus. His denial was made all the worse because he had been warned. We, like Peter, are sure to be tempted. There are few of us who have not in some way or another denied our discipleable. Prom this lesson of the time it is cooking. When cook until the time it is cooking. When cook in a double boiler until mixture is clear. (It will take from 30 to 40 minutes.) Pour over the worse because he had been warned. We, like Peter, are sure to be tempted. There are few of us who have not in some way or another denied our discipleable. Prom this lesson of the time it is cooking. When cook in a double boiler until mixture is clear. (It will take from 30 to 40 minutes.) Pour over the worse because he had been warned. We, like Peter, are sure to be tempted. We, like Peter, are sure to be tempted. We, like Peter, are sure to be tempted. We is a boil. Cook in a double boiler until mixture is clear. (It will take from 30 to 40 minutes.) Pour over the worse because he had been warned. We, like Peter, are sure to be tempted. We is a boil. Cook in a double boiler until the sould. The sure is clear. (It will take from 30 to 40 minutes.) Pour over the beaten yolks, beating all the imp to the double boiler, add the pineapple and to 40 minutes.) Pour over the beaten yolks, beating all the worse beaten yolks, beating all the imp to the double boiler. (It will take from 30 to 40 minutes.) Pour over the beaten yolks, beating about to the double boiler. (It will take from 30 to 40 minutes.) Pour over the beaten yolks, beating about to the double boiler. (It will take from 30 to Whether it was an actual bird or an may learn that when we do fail there la forgiveness. Peter was not cast off forever. The Lord turned and looked upon Peter and Peter's tears washed away his sin. A. T. Robert-son concludes his book on Peter in these words: "Bimon did become the He waved Larry aside. "No-they Rock that Josus foresaw in him. He lation of Orillia is on full or partial was slow in the making, but hard relief, it was disclosed by Grant Hill, now," and carried Aunt Hue tendorly into the house.

Larry turned to Gloria. "What are you crying about, old girl?" he asked but his voice stuck in his affort to sound manly about it all. The state of the lambs. He did the lambs. He did the lambs. He did the lambs are told by T. R. Ithatell, of Toronto, it requires exactly eight hours.

Story turned to Gloria. "What are but his brethren as Jesus foresaw that he would do. He did ahepherd the lambs. He did the lambs. He did the sold at Owen Sound post office one. the keys in his hands to unlock the sold at Owen Bound post office one door of the Kingdom of God (the day prior to Christmas. listen to Lis words-Peter's life is an

with Christ." Questions for Discussion Are there more Peters than Jud-Why do we enjoy seeing 3. Did Peter run more risk than 5. Is it always cowardly for men

It was the generation from which they paper recently said: "From now on truder gangway but the bear merely the editor of this paper will be found gave the car a curious look, dropped my mind they should not inherit anything from ms. That was why I out, the editor found eleven thirstypear in the bush. wanted to find a family who could looking subscribers and two prohibition agents waiting at the office for him. The editor finally managed to make them understand the typesetter landlord a favor; but the fellow who had made an error. The word "bott-ling" should have been "battling." is doing you a big favor.

# at 75 Years

Takes Kruschen to Keep Rheumatism Away Writing to tell how she keeps her

activity, this wonderful old woman

"My hands were becoming so crippled that I had to give up plane and organ playing-and almost entirely gave up knitting. I have been using Kruschen Balts for nearly two years. While the central figure of this and am very pleased with the result. quarter's lessons in Peter, his life is Last August I played two church serstudied in relation to Christ. In pre- three on the organ, and hope to do so vious lessons we have noted that again this August. My fingers are Christ was thinking of his disciples nearly straight, and quite supple, and even more than of himself. Here I am 75. I have recommended Krusagain we find him warning his dis- then Batts to many people."-AAC. The six mineral salts of Kruschen the Shepherd would be smitten, and have a direct effect upon the whole The bleedstream, neutratizing urte . seid. duciples could hardly believe that shich is the recognized cause of enything could happen that would thrumatism. They also restore the break their allegiance to their Master, eliminating organs to proper working but Jesus had no doubt of it. While order, and so prevent constipation. giving them this solemn warning, he thereby checking the further formsalso told them that they would meet tion of uric acid and other body poi-

#### THE FLAVOR THEY'LL NOT FORGET

Extrday cooking, no matter how rarefully planned, sooner or later becomes tiresome and tastelys, not only to the housewife but to those who juriale of it. It is only when some new, rare, rich flavor ripens old dishes that husbands and children bokup with pleased eyes and eagetly demand

Vprice.

cipra below. In improving your ac-

For Pritters or Pudding 2 cups liawattan pineapple juice 5 tablespoons granulated sugar

floil the pincapple juice with So Larry and Gloria moved out to warmed ourselves against pride, over fire. Add lemon fuice, then strain. Daddy Diron's quaint house with its self-confidence and careless disciple. This may be served hot or cold with juddings or fritters.

Pineapple Griddle Cakes 4 teaspoons baking powder

teaspoon sugar cup undiluted evaporated milk cup Hawalian pineapple jules

tablespoons cream package cream cheese

4 tablespoons Hawaiian pineapple Add cream to the cheese and cream

Pincapple Ple 3 tablespoons flour cup augar s tablespoons cornstarch cupa Hawaiian pineapple juice

2 egg yolka lemon and rest Zest of 's orange (grated rind)

transients. This will enable them to open book written in imperishable keep a check on how many times the words and deeds recorded in the New "knights of the road" (if they stick to Tostament to cheer us all on our way the same name) visit the town. If they repeat within sixty days they will be ordered to move on. Mr. Thos. Tumbling, Tura, has plymouth rock pullet which laid three rus at one time.

Mayor E. McQuay was re-elected in Owen Sound by 1580 majority. All slot machines have been removed from Barrie by a recent order of the Attorney-General's Department. Collingwood's new waterworks ays-tem is now completed and is proving satisfactorily. The cost was approxi-

mately \$43,000.

While driving along in Huron country, between Eiginfield and Hirr, recently, Russell Dronnan, chauffer, was PROOF THAT ADVERTISING PAYS startled to find his car suddenly com-An editorial in a Missouri news- The driver pulled up to give the in-

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