

For The Quiet Hour

A THANKSGIVING PRAYER

O God above, we humbly pray
To Thee this glad Thanksgiving Day,
The time that has been set apart
To speak from overflowing heart
Of Thy great love.

We thank Thee for Thy watchful care
O'er us, Thy children, everywhere:
For health, for food and needs supplied—
All has been given, naught denied
From Thy great store.

Nor would we scorn our grief and pain,
For as the sunshine follows rain,
So joy with sorrow ever goes,
And even the most lovely rose
Must have its thorn.

Keep us from sin: we would not seek
Sin kept from us, though we are weak,
But ask Thee for the strength to rise
Above, to where a nobler prize
Is ours to win.

Help us, that when at last we know
Our work is finished here below,
We then may go prepared to be
Forever in eternity
With Thee. Amen.

A THOUGHTFUL PERSON REMARKS THAT CHRISTIANS, the salt of the earth, spend more every year for salt than for foreign missions. We spend more yearly for safes to put our money in than we take from those safes for foreign missions. We pay twice as much for the trunks for our yearly travels as to send the gospel traveling; and twice as much for umbrellas to keep off the rain, as to keep the heathen from Satan's wiles. The gloves for our hands cost twice as much as those put into the contribution box for foreign missions; and our pocket-books cost half as much as those pocket-books give for the heathen. The new mirrors into which we smirk each year at our benevolent faces exceed in value all our gifts to foreign missions.

Does anyone think a tenth too much to give the Lord's work? Think what depends upon it. Here are some things: The church, the Sunday school, the mission churches at home and in foreign fields, the distribution of Bibles, the cause of temperance and social welfare work of various kinds; enlightenment for those in darkness, and hope, happiness and life for all this sinning, suffering world.

Do you think then, that a tenth is too much to give to the Lord's work?

Sings Merry Youth:

"Thanksgiving's but a holiday,
A day for feast and joy and song,
A day when moods are only gay,
And Time with swiftest feet speeds on.
We'll greet our friends with royal cheer
The jolliest day of all the year!"

Says Middle Age:

"Thanksgiving is the sacred day
When near and dear come speeding home,
When sweetest memories display
The charm and tenderness of days ago.
O day for uttered thanks sincere,
The richest day of all the year!"

Prays Aged Sire:

"We thank thee, God, for all that's past,
The joys of youth, the fruits of age,
For home and children, lad and lass.
We thank thee for sure anchorage
In thy great love, for thy care so dear,
Throughout the days of every year."

THE STORY IS TOLD OF A LAY PREACHER WHO, IN writing to a friend, forgot to add a word of cheer, as was his custom. So he wrote on the address side of the sealed letter: "Be of good cheer, brother!"

When the friend received the letter, he found that the post office authorities had stamped against the inscription this intimation: "Contrary to regulations."

Have you ever been in some homes on Grumble street where you felt it was "contrary to regulations" to be of good cheer? Only the grateful can enjoy goodness. The grumbler cannot even enjoy love.

MY THANKSGIVING

For the joy of work;
For the chance to hit hard when necessary;
For the goodness and the grit of the fellow who may disagree with me;
For the test that shows wherein I may grow stronger;
For the thought that each new day may be as the beginning of life;
For the power of Christ, whom I serve;
For the final victory which I know shall be mine if my faith fail not.

THE RECURRENCE OF ARMISTICE DAY GIVES A SPECIAL appropriateness to these words of Earl Haig, spoken when he was in South Africa on the occasion of the unveiling of a memorial tablet:

Do what we will throughout our whole lives, we can never repay the debt we owe to all those who died for us in the Great War. This Empire owes its liberties, its might, its wealth, its commerce, aye, its very existence, to the sacrifices of her sons. Let us try and be worthy of them. And let us also not forget our debt to that Divine Power, the God of battle, the giver of all victories, the God of our fathers! On more than one occasion when all the bravery of the troops, the skill and devotion of their leaders, availed not to check the onrush of the enemy, when all our reserves had been spent—nothing further could be done—we sank down on our knees and prayed to God to help us and save us in our trouble. And if one considers how small an amount of success is due to one's individual self, and through what weak instruments God manifests His greatness, it is an easy matter to be modest and give all the praise and glory of victory to God.

This is the spirit of the true soldier, both of the British Army and also of the Army of the King of Kings. Prayer always means power.

IN HIS CARE

In dazzling day or blinding night,
God ne'er forgets us in the fight;
His glorious angels will abide,
If we but clasp them at our side;
The hand that beckons them is Prayer,
And Faith the clasp that holds them there.
—Edward Rowland Sill.

GEE, I'M GLAD I'M LIVING!



THE WINTER GROWING OF RHUBARB

Rhubarb can be successfully grown in any warm cellar during the winter, and is much more tender and delicious than even the earliest rhubarb grown outdoors in the spring, says J. A. Clark, Superintendent, Dominion Experimental Station, Charlottetown, P. E. I.

Strong, vigorous plants should be selected. We prefer those with deep red color. In digging the plants, leave as much clay as possible attached to the clump, and cut off the coarse roots that protrude. The clump is then exposed until it freezes hard, and should then be stored in a shed until required for the cellar. If the rhubarb clumps are brought in about every two months, they should supply the average family with this delicious plant throughout the winter.

When the rhubarb plants are brought in, they should be put in deep boxes or stood on fine cinder dirt that has been dampened, and the spaces around the clump should be filled in to the level of the crown with the same cinder dirt. Ordinary soil will do. The box should be covered to keep the plants in darkness, unless the cellar is dark. For best results, the cellar would be warm, with a temperature of about 60 degrees.

When the stalks are about 18 inches high, they should be pulled. When pulling, remove both the large and any small stalks, as the small stalks, if left, might start decay. Three or four pullings should be secured from each clump, when it can be removed and replaced by another one brought in from the outside storage. The cinder dirt should be kept moist throughout the forcing period. The rhubarb plants that have been forced during the winter can be replanted in the garden. They should have from two to three seasons' growth before being used again for forcing.

A Mix-up

In the wee, sma' oors, a party of men left their club, where they had drunk unwisely. They proceeded till they came to a semi-detached villa, where they stopped, one of them advancing and knocking at the door. A woman put her head out an upper window. "What do you want?" she demanded. "Is this the residence of Misher Smish?" inquired the man. "It is. What do you want?" "Is it possible I have the honor of speaking to Mishus Smish?" "Yes, what do you want?" "Dear Mishus Smish, will you—hic—come down and pick out Mr. Smish? The rest of us want—hic—to go home!"

A good way to test false teeth is on a cob of corn. They should take it on high.

DON'TS FOR SALESMEN

Don't say "I'm busy," when spoken to by a waiting customer; say politely, "Please be seated a moment," or "I'll wait on you next."

Don't let a customer go away dissatisfied without referring the matter to someone higher in authority. Don't stare at customers or make remarks about them that may be overheard.

Don't finish a transaction by saying, "Is that all?" Rather say, "Is there anything else I can show you?"

Don't misrepresent an article for the sake of making a sale.

Don't make promises to customers unless you are absolutely sure that they will be fulfilled. Don't address a customer as "lady." Say "madam" unless you know her name.

Don't speak sharply to a customer under any circumstances.

Don't talk about personal affairs in the hearing of customers.

Don't neglect a customer who happens to be poorly dressed.

Don't be personal in your remarks to customers.

Don't argue with a customer.

Don't ask too many questions. Don't point when directing customers.

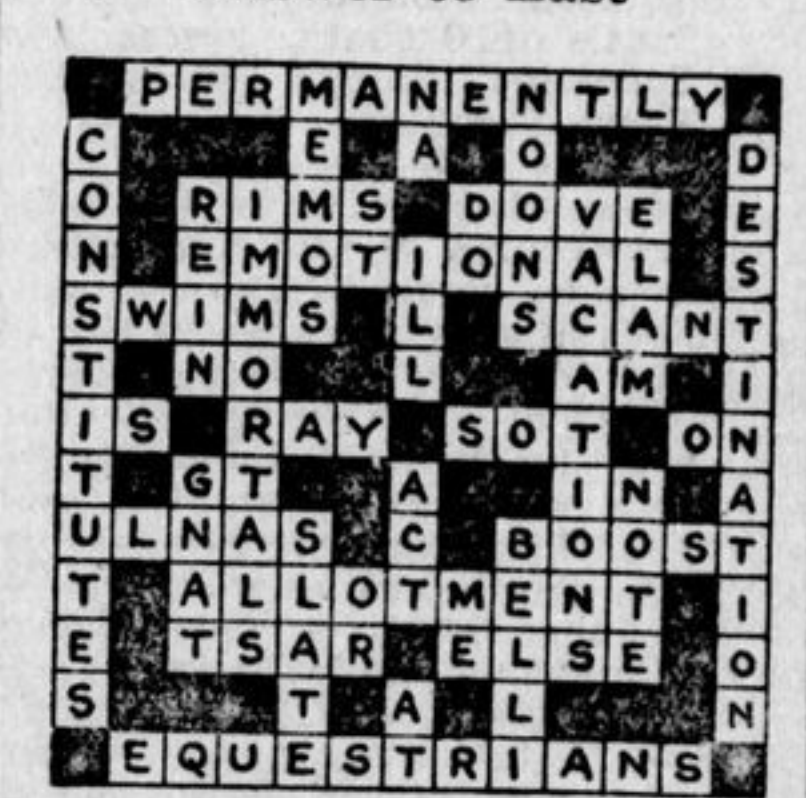
A Witty Reply

The Governor-General of the Irish Free State, Mr. Timothy Healy, K.C., whose witty speeches delighted the House of Commons in days gone by, has not lost his old-time gift of repartee.

Though much of his time is now taken up with his official duties, "Tim" still practises occasionally, and during the hearing of a case not long ago, in which he appeared, a rasping voice coming from an adjoining room, disturbed the Court. "Do you know what the noise is, Mr. Healy?" asked the judge.

"I think," was Healy's reply, "it must be one of my learned friends filing an affidavit."

Week's Puzzle No. 31 Answer to Last



THE PEOPLE'S MILLS

CUSTOM CHOPPING EVERY DAY

and have put in a full line of FLOUR, AND FEED

which we are offering at the following prices:

Hoyal Household Flour, per bag	4.50	Strong Chop, cwt.	1.50
Majestic Flour, per bag	4.25	Crimped Oats, ton	27.00
O Canada Flour, per bag	4.25	Chopped Oats, ton	27.00
King Edward Flour, per bag	4.00	Strong Chop, ton	27.00
Pastry Flour, 24 lb. bag	4.00	Gunn's Targe, per cwt.	3.25
Fried Flour, per bag	2.00	Bran, per ton	27.00
Chopped Oats, cwt.	1.50	Shorts, per ton	28.00
Crimped Oats, cwt.	1.50	Gunn's Tankage, per cwt.	3.00
		Prairie Pride Flour, bag	4.00

Gunn's Big 60 Beef Scrap and Poultry Foods Blatchford's Calf, Pig and Poultry Feeds

We handle only the best lines and sell at reasonable prices. Get our price before you sell your wheat, as we intend buying wheat to ship.

GOODS DELIVERED IN TOWN EVERY DAY.

Phone 8, Night or Day.

JOHN MCGOWAN
The People's Mills Durham, Ontario

TO TRAIN THE IDLE

A six months' course of training for unemployed men who have not learned a trade is about to be inaugurated by the British Ministry of Labor. There are to be four centres for this experiment, two in rural districts and two in large towns. The men in these centres will receive instruction in trades like carpentry or in agricultural pursuits such as harvesting, dairying and care of stock. Young, unmarried men in the towns will be trained for work in the colonies and will be aided by the Overseas Settlement Committee.

Those who prefer to remain in England in order to benefit from the training, must be between 19 to 25 years old and not have received a course of instruction at Public expense. Those who are going to the Dominions must be approved by the colonial authorities before beginning training, must promise they will complete the course and go to the country selected as soon as possible. The unemployed in rural districts will receive an allowance of about 62 cents a week while training and a free meal at midday.

The object of the plan is to teach the men at home the use of tools and accustom them to shop discipline and to instruct those going abroad in processes useful in their new homelands. The scheme is an experiment the success of which can only be judged by the result. Its adoption by an important Ministry of the Government is of itself proof of the desperate need of Britain to conquer unemployment by occupation at home or to solve the problem by the emigration of the surplus population. The attitude the trade unions will assume toward it has not been disclosed.—New York Sun.

From Bad to Worse

The fisherman was sitting on a seat in front of his door mending nets, when a friend came up and said: "That's a bad thing that has happened to you."

"What's that?" queried the fisherman.

"Your wife running away and leaving you."

"A worse thing's happened since then," was the reply.

"What's that?" asked the friend. "She's come back!"

The love that makes the world go round often prevents the income from going more than half-way.—Chicago Daily News.

RELIABLE MERCHANDISE AT WELCOME SAVINGS

- Men's Black and Brown Calf Bals, narrow toes, sizes 5½ to 10, to clear at\$3.00
- Women's High-cut Balls, Black and Brown, narrow toes, sport heels, to clear at\$2.50
- Women's High-cut Bals, Louis heels, narrow toes, to clear at98c
- Misses' High-cut Bals, narrow toes, Black and Brown, to clear at\$1.98

REPAIRING A SPECIALTY

J. S. McIlraith The Cash Shoe Store Durham, Ont.

A Savings Account is a Splendid Investment



AN absolutely safe investment rarely returns more than four or five per cent. And should it become necessary to realize cash promptly, a sacrifice of two or three per cent of the principal will probably be entailed.

To depositors in the Standard Bank of Canada is offered absolute safety with interest at three per cent.

And deposits may be withdrawn at a moment's notice, without sacrifice!



THE STANDARD BANK OF CANADA
TWO HUNDRED AND THIRTY-ONE BRANCHES THROUGHOUT CANADA

NERVOUS BREAK-DOWN

Pains in Back and Legs Relieved by Lydia E. Pinkham's Vegetable Compound

Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep at all as I should and spent much time in bed. I was in this state, more or less, for over two years before Lydia E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite well for you to use these facts as a testimonial."—Mrs. J. SHEPHERD, 130 Jno. Janisse Avenue, Ford, Ontario.

Nervousness, irritability, painful times, run-down feelings and weakness are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydia E. Pinkham's Vegetable Compound a fair trial. All druggists sell this medicine.

Some girls walk for their complexion, and others just phone the drug store.

The Spirella Parlors

THE HOME OF GOOD Corsets, Girdles, Brassieres, Brassiere-Girdles, Hosiery and Lingerie

We also carry a line of Stamped Goods

MRS. J. C. NICHOL

Durham, Ontario.



Notes: Dr. Scholes will accept columns as will be of interest to public print. Personal questions accompanied by self-addressed envelope.

One of the diseases of childhood is diphtheria, a preventable disease, it is free of frequency.

Most cases of diphtheria are fatal. Most of the deaths of children below the school age are due to diphtheria and its complications.

Any sore throat occurring in a child should be regarded with suspicion. A physician should be called the very first day that the child complains of soreness or pain in the throat. There is always a chance that the sore throat may be diphtheritic, the sooner antitoxin is given, the better are the chances for recovery. Almost all cases of diphtheria that receive adequate amounts of antitoxin on the first day of the disease recover. The death-rate increases with each day of delay in treatment. Antitoxin cures diphtheria if given early enough and in sufficient doses.

Test Will Reveal Immunity. But it is much more desirable to prevent diphtheria than to cure it. Some people are readily susceptible to the disease. Others have an immunity.

Health Quest. Harvest-Bug. R. W. P. writes: "A lot of people in this section have been bothered with a breaking out on their legs which itches a lot. There are pimples and redness. Some say it is caused by a mite that comes from the grass and brush. What can be used to cure it?"

Reply. The eruption is probably caused by the harvest bug or mow-er's bug. The scientific name for the harvest bug is Leptus autumnalis. It is a brick red parasite that causes irritation by boring its head into the skin. Sulphur ointment applied to the eruption is an effective remedy.

Infantile Paralysis. Mrs. L. C. writes: "Last year a little girl, age 6, had a feverish attack with drowsiness and some jerking of the muscles. On account of the existence of some infantile paralysis near where we live, our doctor suspected that it was a case of this disease. A specialist in nervous disease was called in consultation, and he said that there was doubt but that the child had had an attack of infantile paralysis. Since that attack of illness, she has returned to her usual good health. There is any danger of paralysis occurring after the lapse of a year?"

Frost Injures Apple Crop in Owen Sound District. The apple crop in the Owen Sound part of the Georgian Bay district suffered more or less from another severe frost Friday night. A thermometer registered 18 degrees below zero in Meaford, and in other sections of the county, it dropped 20 degrees. The severe frost, following that of Tuesday night of the same week, means a loss of thousands of dollars to both growers and buyers. Say apples have apparently fared the worst.

Section Foreman Won Railways' First Prize. His many friends are extending congratulations to Mr. E. Campbell, section foreman on the C.P.R., Berkeley, on having won first prize for the best section on the British Division. This distinction is one of the highest honors in the railway world.

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