

## For The Quiet Hour

### AND LET US SLEEP

Turn Thou the key upon our thoughts dear Lord,  
And let us sleep;  
Give us our portion of forgetfulness,  
Silent and deep.

Lay Thou Thy quiet hand upon our eyes  
To close their sight;  
Shut out the shining of the moon and stars,  
And candlelight.

Keep back the phantoms and the visions sad,  
The shades of gray,  
The fancies that so haunt the little hours  
Before the day.

Quiet the time-worn questions that are all  
Unanswered yet;  
Take from the spent and troubled souls of us  
Their vain regret.

And lead us far into Thy silent land,  
That we may go  
Like children out across the field of dreams,  
Where poppies blow.

So all Thy saints, and all Thy sinners too,  
Wilt Thou not keep,  
Since not alone unto thy well-beloved  
Thou givest sleep?

—Virna Sheard.

**CLEMENT OF ALEXANDRIA RECORDS A SAYING OF Jesus not given in exactly the same form in the Gospels. He quotes our Lord as having said to his disciples: "Make a friend."**

It was like Christ to say that. He was not as a star dwelling apart in a separate firmament. He needed friends. He called twelve disciples "to be with Him." He gave His companionship freely to others. The church that He founded was a fellowship.

Paul carried out his Master's example of making friends. Wherever he went, he gathered a group of people who, in addition to their faith in Christ, were loyal friends to Paul. At Corinth, his trade of tentmaker was the basis of a friendship with Aquila and Priscilla who were of the same craft. So genuine was this friendship that when Paul moved on to Ephesus, Aquila and Priscilla accompanied him.

It is not a Christian thing to boast of being able to do without friends. Jesus did not do without friends except at the last, and one of the bitterest things of His cross was that He was alone, deserted by His friends. It is a Christian thing to be a loyal friend and to have loyal friends. It is in keeping with the spirit of Christ never to miss an opportunity to "make a friend."

**ON APRIL 21, THE PRINCE OF WALES LAID THE foundation stone of the Anglican cathedral at Lagos, West Africa. In a cavity below the stone were placed copies of 18 versions of the Holy Scriptures which are in use in the Lagos diocese. Bishop Melville Jones writes:**

"It seemed to me a pleasing bit of symbolism that the Scriptures should have been placed beneath the stone, for if the church out here is to be a strong and pure and living church, it must be founded on the Word of God, both the written Word and the incarnate Word of the Father to whom the written Word bears witness."

When the original church was built at Lagos, only four versions of the Scripture were in use in the diocese.

Wanted men!  
Not parties bound by mystic ties,  
Not platforms framed of clever lies,  
Not politicians smug and bland,  
Not candidates with eager hand,  
But men, strong Christian men,  
To serve the people of the land  
With vision clear and hearts sincere,  
To acquit themselves like men!

**WITH ALL ITS NARROWNESS OF INTELLECTUAL outlook, all the prohibitions which it laid on conduct, there was in this earlier Methodism a genuine fervor of belief which warmed the heart. It possessed also a profound poetic and imaginative quality. If it closed a great many doors which led into the world, it opened others into eternity. The plain and simple folk among whom my father ministered, ignorant as they were of earthly pleasure, were capable of spiritual ecstasy. Gathered in their prayer meetings and "love feasts," listening to the voice of impassioned eloquence, singing hymns which painted in the finest poetic diction the reality of the final triumph over death and the grave, they ceased to be common: they became the children of a strange rapture, their very faces were transfigured, they were clad in sudden brightness, as men and women illumined and inspired.—Dr. William J. Dawson.**

**A GENTLEMAN OF CULTURE AND INTELLIGENCE whose occupation has made him familiar with almost every town and village of Guatemala from the Atlantic to the Pacific and who being a close observer knows whereof he speaks, lately made this remark:**

"I am not a religious man and have no brief for Protestantism or any other religion, but after careful observation, I can say one thing: wherever in this whole country you find a man who is sober, industrious, honest, living in proper family relations, and trying to lead a clean life, you need ask no further questions—you know to a certainty that the Evangelicals have captured him."

A testimony like this coming from so unbiased a source speaks volumes in favor of evangelical mission work. Beloved supporters of the Guatemala Mission, that's where your money and your prayers are going! As much can be said for nearly every evangelical mission in the world.—Guatemala News.

**THE DEDICATION ON "THE JAPANESE CHURCH OF Christ" in Salt Lake City is thus described by a contributor to the Congregationalist: "This attractive building stands as the achievement of Rev. Kengo Tajima, a Yale graduate, and a devoted and able man. Back of him have been the American Missionary Association, the Congregational Church Building Society and the Presbyterian Board of Church Erection. Local laymen of all denominations have been loyal in support. . . The church filled up with Japanese and Americans. Representative Japanese and Americans were on the platform. There was music from Japanese musicians, and an anthem by the choir of a neighboring colored church. I am told that the colored folks find a cordial welcome from the Japanese, and sometimes feel a closer tie to them than to their white neighbors. Perhaps the Jap may still teach the white man his Christian manners! There were speeches, without number and without end. The Japanese and the native Americans spoke, laymen and ministers, and told of their dreams for this new church. Congregationalists and Methodists and Presbyterians added their words."**

## FERGUSON GOVERNMENT IS PROGRESSIVE AND PRACTICAL

**So Says Sir John Willison in a Recent Issue of His Magazine.—Many Evidences of Efficiency in Administration.**

From the first, the Ferguson Government has been progressive and practical, says Willison's Monthly, in the November issue. There has been nothing spectacular or sensational in its methods or in its legislation. It shows, indeed, a wise disposition to reduce the output of legislation and to check the organization of new services, which from year to year increase the burden of taxation in so many modern communities and from which no equivalent public benefits are derived.

There are many evidences of efficiency in administration and of a quiet, steady resolve to improve the financial position of the province. Upon taking office, the Government found a heavy deficit in the public accounts and an interesting debt and expenditure which threatened to become alarming. There has been a check to waste and a reluctance to increase obligations for which the Government deserves approval and gratitude. There is nothing the people so freely and generally demand as economy, and yet nothing which causes more grieving and grumbling than a too rigid guardianship of the treasury. So many of us think we should get appropriations for the sectional and local interests which touch us closely, and that economy should be practised at the expense of other people.

In the endeavor of the Government to bring Alberta coal to Ontario, there was revealed a true national spirit. There has been no lack of vigor in its determination to prevent export of water power, and fortunately all friction between ministers and the Hydro-Electric Commission seems to have been overcome. In the appointment of the commission to consider conditions in the English-French schools and in the wise selection of Dr. Merchant as chairman, a step has been taken which should produce a better understanding between the French-speaking and English-speaking elements of the population and demonstrate anew the essentially liberal and tolerant temper of the people of Ontario.

In Mr. Martin, the minister of agriculture, Mr. Ferguson has an able, practical and enterprising colleague. Nothing could have been more timely than the decision to make a great shipment of apples to Britain in order to steady prices at home and enlarge the overseas market. The immediate relief may not be as great as could be desired, but the ultimate benefits should doubly justify the experiment. Not less practical and important is the effort of the Government to establish the quality of Ontario apples, to increase sales in the western market and to popularize the fruit among communities in this province and in other nearer markets.

The whole problem of agricultural marketing is of vital and urgent importance. Year by year in productive seasons, the fruit growers of Ontario find themselves without a market or with a market in which prices do not meet the cost of production. This situation can be overcome only by co-operation among producers and the Government. At best, perhaps, without a controlled system of marketing, achieved by honest and faithful co-operation among the growers, not so much can be accomplished. One does think, and the suggestion is offered in no carping or hostile spirit, that energy has been expended by the Progressives in political adventures which would have yielded better results to the farmers of Ontario in sustained co-operative effort to maintain prices and steady markets. Any advantage the town communities gain by a short season of sacrifice prices counts as nothing against the heavy and often heart-breaking losses of producers. There are even now many successful co-operative organizations among the primary producers of Ontario, but unquestionably much more can be done in this direction, and there can

be no doubt that the Government in Queen's Park is eager to give all practical assistance to the fruit growers and other producers who find so often that their labor gets no adequate return. The first condition is trust and confidence among producers and like trust and confidence between producers and the department of agriculture.

## N. H. L. ANNUAL ON DECEMBER 8

**Probable That O. H. A. Residence Rule of May 15 May Be Adopted at Meeting in Queen's Hotel, Palmerston.**

The annual meeting of the Northern Hockey League will be held in the Queen's Hotel, Palmerston, on Tuesday, December 8, at 4 p. m. Each club entering the league is entitled to one delegate.

Notice of amendments to the constitution, etc. must be in the hands of the Secretary, M. C. Bridge, Wingham, Ont., not later than November 24 and nomination for office by December 1.

The annual entrance fee is five dollars for each team, senior and junior and should be forwarded to the Secretary together with a list of officers of the club, referees and club colors. Certificates will be distributed to the clubs on payment of fees. Clubs are requested to make it a point to have entries made early. Suggestions for groupings are also requested.

To avoid delay, when forwarding certificates for signature of the N. H. L. Secretary after completion by the clubs, there should be enclosed with the junior, official birth certificates and amateur cards, and with the seniors, amateur cards. Amateur cards may be obtained on application to the Secretary, Registration Committee of the Ontario Branch, A. A. U. of C., 46 Richmond street, west, Toronto.

Following in the wake of the O. H. A., the residence rule will in all probability be amended to read in brief as follows: A player must be a bona-fide and continuous resident of the town to which his club belongs since May 15, 1925. The exceptions to this rule are students, teachers and sailors. The last named must play where living, January 1, 1925.

Clubs are requested to forward their five dollars at once. Playing certificates will be sent by next mail after receipt of money. It is advised that clubs obtain release from former clubs for new players who intend playing with their team this year.

**Daytime**  
Minister: "Little boy, do you have family prayers at your house every morning?"  
Little Boy: "Naw! Only at night. We aint afraid in the daytime."

## COLLECTIONS

**We Handle Collections Only—No Sideline**  
Nothing too old, small, large or hard for us to tackle  
34 years' experience  
NO COLLECTION—NO CHARGE  
**KELLY & AIKEN**  
COLLECTORS  
Orangeville and Owen Sound  
Owen Sound offices 169 9th St. E.  
Reference—Standard Bank of Canada

## 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.

## 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.	27.00
Crimped Oats, ton.	27.00	Chopped Oats, ton.	27.00
Majestic Flour, per bag	4.25	Strong Chop, ton.	27.00
O Canada Flour, per bag	4.25	Gunn's Tankage, per cwt.	3.25
King Edward Flour, bag	4.00	Brans, per ton.	27.00
Pastry Flour, 24 lb. bag	4.00	Shorts, per ton.	28.00
Feed Flour, per bag	3.00	Gunn's Tankage, per cwt.	3.00
Chopped Oats, cwt.	4.50	Prairie Pride Flour, bag	4.00
Crimped Oats, cwt.	4.50		

**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

## BY-ELECTION SOON FOR CENTRE GREY

**Meeting at Rocklyn Friday Set December 4 for Convention—Ex-Warden Emerson Brown Will Enter Race for the Nomination.**

Over a hundred were present at the Conservative meeting held in the Agricultural Hall, Rocklyn, on Friday afternoon. As there must be a by-election in the provincial constituency of Centre Grey, due to the resignation of Colonel Dougal Carmichael from the Ontario Legislature, the Conservative party met to decide on a date for a convention when they will choose their standard bearer to run in the by-election. It was an enthusiastic meeting Friday afternoon, and at least three men are in the spotlight regarding the nomination of a Conservative candidate. Ex-Warden of the County, Emerson Brown of Clarksburg, has declared he is definitely seeking the nomination and will allow his name to go before the convention. Mayor E. N. Cooper of Meaford and Dr. Ego of Markdale, the defeated candidate in the 1923 elections by Colonel Carmichael, are other possible candidates mentioned.

However little will be known, publicly at least, until the day of the convention, Friday, December 4, at Rocklyn. On that day, a Conservative candidate will be nominated by the convention.

There were several speakers during the afternoon, Matthew R. Duncan giving the main address, while the gentlemen whose names were mentioned for nomination also spoke.

"Is that a new runabout Frank has?" "Heavens, no! He's known her since yesterday."

## PAINS IN BACK AND SIDES

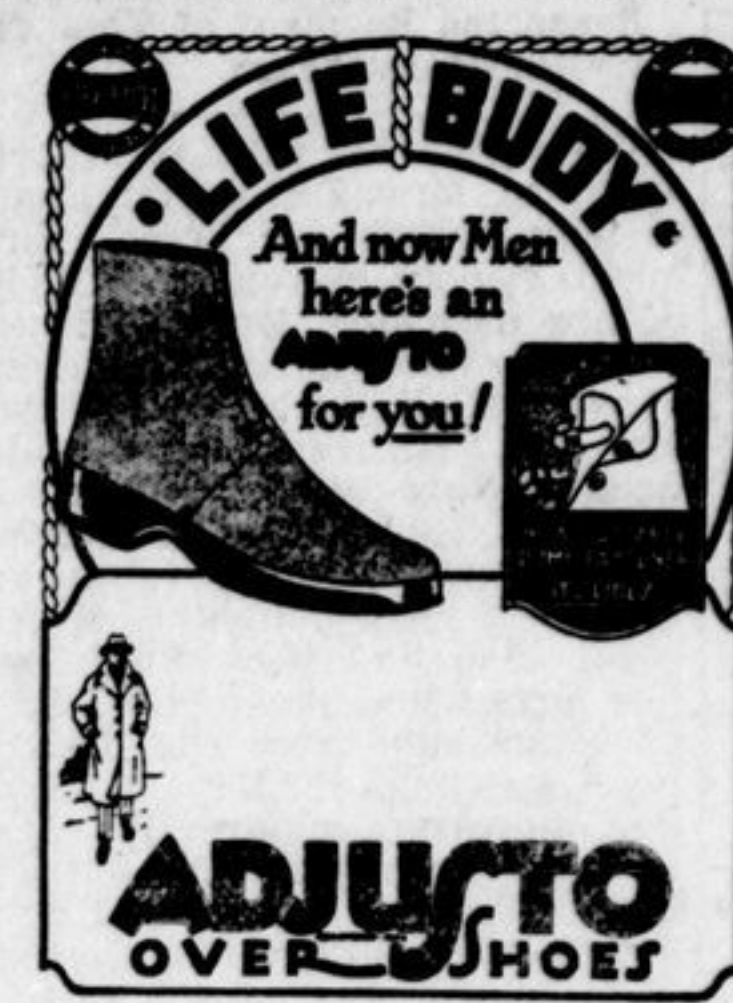
**Ended by Taking Lydia E. Pinkham's Vegetable Compound**

Fuslier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF-Fuslier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness.

Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine.

If you can't do the kid's homework, don't four flush and tell him not to bother you.



## Buy Your Goloshes

at this store and we will put your initials on FREE of charge.

REPAIRING A SPECIALTY

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

**Bring Your Maturing Victory Bonds To Us**

**H**OLDERS of Victory Bonds maturing on December the first, next, will find it profitable and convenient to convert them at this Bank. We are prepared to pay cash for such bonds of any denomination and suggest that for the sake of safety, simplicity and convenience you deposit your maturing bonds to your credit in a Standard Bank Savings Account.

**THE STANDARD BANK OF CANADA**  
DURHAM BRANCH—John Kelly, Manager  
Sub-Branch at Pricewille



## Reefs of Debt

**THE** man or woman who plunges into thoughtless spending, making no provision for the future, faces financial shipwreck on the relentless reefs of debt.

Men in debt no longer control their time or their careers. Others control them. To remain in debt is to have to do without, in bitterness of spirit.

The habit of saving part of every dollar you earn will help to keep you clear of debt, and will enable you to enjoy comfort and contentment in the days that are to come.

Our Budget Book will suggest a savings plan to fit your income. Ask our Manager for a copy.

**The Royal Bank of Canada**  
Durham Branch J. A. Rowland, Manager



## RESULTS OF TRI

Note: Dr. Scholes columns as will be public print. Per accompanied by Dr. W. J. Schiele.

The popular h eases are practical their condition will they do apparently matter of time un

Dr. Earl D. Bond of believes that the good tained in the treatment diseases is underestm article published last Journal of the Americ Association. he gives s aging facts. The artic results of treatment of secutive patients admitt partment for mental diseases of the Pennsylv pitat. The careers of th were studied over a pe five to ten years. The more severe form diseases were repress group of cases studied says that the patients tered the hospital after oportunities for early tr been wasted.

Some Recover Thirty of the patient from observation. This of 1,024 patients who could be followed over Of these "274 recovered well; 459 improved great and 260 remained station worse." These figures a little over 26 per cent cure group of patients and that 44.5 per cent

(Copyright, 1924, HEALTH

Iodized Salt Mrs. F. W. asks: "W of iodized salt in food do any harm?"

Reply No. During childhood to use it to prevent go

Neither Harmful Nor L. S. asks: "I. Does f ting of the hair do it 2. Is once a week too man to wash his hair?"

Reply 1. Cutting the hair neither harmful nor ben shaft of the hair is dead this is what is cut. 2. No.

Not Suitable for Home H. H. B. writes: "I disease and get out of easily when I walk or have had it for a numb but formerly it never h much. Is there anything

A NATIONAL AS

As the greatest tr company in the world, dian Pacific Railway has a national service in the ada Limited which is none, and on the concid summer schedule of this has transferred the set the Vancouver Expre to Toronto every night at on its trip across the cot Winnipeg, Calgary, B Louise, the spiral turre and parts of the Canad Rockies famous thro world, on its way to where the travellers are in their praise of the set Vancouver Hotel. The Pacific also operies a service to Victoria, the winter tourists. Not only does the Van press carry tourist and sleepers, but it also car partment-observation car in itself, while a parlor e

THE FA

