

For The Quiet Hour

THE SUM OF OUR DEBTS IS THUS TOLD BY JOHN Oxenham.

What do I owe?
 Nay, Lord, what do I not?
 —All that I am,
 And all that I have got:
 All that I am,
 And that how small a thing,
 Compared with all
 Thy goodly fostering!

What do I owe
 To all the world around?
 —To set Thee first;
 That Grace may more abound;
 To set Thee first,
 To hold Thee all in all,
 And, come what may,
 To follow Thy High Call.

What do I owe
 To this dear land of ours?
 —All of my best:
 My time, my thought, my powers,
 All of my best
 Is yet too small to give
 This this our land
 May to Thine increase live.

What do I owe
 To those who follow on?
 —To build more sure
 The freedom we have won;
 To build more sure
 The Kingdoms of Thy Grace—
 Kingdoms secure
 In Truth and Righteousness.

What do I owe
 To Christ my Lord, my King?
 —That all my life
 Be one sweet offering;
 That all my life
 To noblest heights aspire,
 That all I do
 Be touched with holy fire.

SCIENTISTS TELL US THAT A SUNBEAM IS COMPOSED OF millions of minute rays, which are themselves invisible, only becoming visible when they are reflected by dust particles and other objects.

And so the Sun of righteousness is revealed only as He touches men. How many millions of ways there are for this contact with the son of God! The home is sometimes the last place where we think of reflecting His rays. There is the medium of reflection in little tendernesses, kindly looks, sweet laughter and loving words. It is as possible to reflect Christ by these homely deeds as through millions of money. Aren't you glad this is so?

UPON ONE OF THE HEBRIDES ISLANDS, WHICH JOHN G. Paton had fished out of the sea of Cannibalism, there lived a native saint who said to a visiting delegation from another island:

"We had no peace and no joy in heart or house, in villages or in lands; but now the Light that lighteth every man that cometh into the world hath shined into our dark hearts, and we are walking in the light."

As we look into heathen lands, does it not seem that Christians at home are doing more sleeping than walking? "Surely," said Phillips Brooks, "he who despairs of the power of the gospel to convert people today despairs of the noontide just when the sunrise is breaking out of twilight on the earth."

"YOU PUSHED ME THROUGH THE DOOR OF THIS new doctrine," said a Confucian teacher in Tientsin to a missionary. "and now you can't drive me out. I want all my students to know about it, and you must help me." This man had been teaching a private school in the ex-German concession, but has brought his entire school with twenty-five students under the control of the Methodist Mission, introduced the Mission curriculum and is teaching at a salary of \$6 a month. Access to twenty-five pupils with the Christian message, and through them to a whole corner of a growing section of Tientsin, is just such an "open door" as the missionary is always seeking and rarely finds.

A POOR WIDOW WHOSE LIFE HAD BEEN SPENT IN toiling for the education of her children, lay upon her death bed. To a daughter standing near, she said that her life had been fruitless, and she was afraid to meet Christ because she had done so little for Him. The daughter took the bent, calloused hands of her mother and, tenderly kissing them, said: "Mother darling, show Him your hands!"

It does sometimes occur that we get more inspiration from such as this poor widow than from the rich and the gifted.

AN INDIAN MINISTER TELLS OF HOLDING A SERVICE in an out-of-the-way interior village, when a returned and wounded Mohammedan soldier rose and gave testimony: "I know that this Jesus religion is true. When I was lying out on the battle field among other wounded men, the followers of this religion came out, braving the falling shells and carried us away and tenderly cared for our wounds. They bore upon the sleeves of their white robes the emblem of the cross on which their Christ gave His life for the world, and dyed with the color of the blood he shed."

In this way millions of returned Indians will witness for Christ and advance India's social, economical, political and religious transformation, and will everywhere reinforce the work of the missionary.

"ALL THINGS?" AN EMINENT JOURNALIST WRITING about his friendship with Alice Freeman Palmer, the first lady president of Wellesley College, tells of a memorable conversation he once had with her. "She had told me a little of the means she took in getting and keeping in mind the names of her many hundred girls, and I said, 'That is something I never can do.' 'Oh, yes, you can,' she replied, 'if you had to; it is simply that you have never had to do it. Whatever we have to do, we can always do.'" I think this word may be taken as offering a part interpretation to the great claim of the Apostle Paul. All things which he had to do he was able to do in Christ. Every hill could be climbed if it came in the way of duty. There would be a key for every lock if doors were closed on the appointed road. God does not command things which can not be done. Every commandment is the reverse of a promise. Turn over a duty and you will find the grace. On one side you have a staggering obligation, on the other side you have an all-sufficient dynamic. What I have to do I can do. The divine task involves the divine resource. It is in this way that God's statutes become our songs. "I can do all things in Christ who strengthened me."—Philippians iv. 13.—J. H. JOWETT.

In Other Communities

Taken From Our Exchanges About People of Your Acquaintance

Very Distressing Accident
Gordon Rabb, eight-year-old son of Mr. and Mrs. W. R. Rabb, Queen street, Harrison, met with a serious accident on Saturday afternoon last while playing around the C. P. R. station. He had climbed up on a truck driven by Mr. Milton Tilker, the driver not knowing he was on. He inserted his finger in the iron on the back that holds the shelving in place till his finger wedged in the opening. When the truck started up with a jerk, the boy was thrown off, and the middle finger of his right hand was yanked off at the second joint. A doctor was summoned who found it necessary to amputate the remainder of the finger close to the hand. The young lad, although suffering much pain, is getting over the accident nicely.—Harrison Review.

Dundalk Man Takes Over Flesherston Business
Mr. Howard McCauley, who has had charge of Dundalk and rural lines and phones of the Bell Telephone Company here for seven years and on the payroll of the company for about fourteen years, has resigned his position to go into the planing mill and building business in Flesherston. His successor here in the Bell Company is a man from Barrie, who is expected here in a few days to take up his duties.—Dundalk Herald.

William Turney Manager Flesherston Bell Telephone Office
Notice of the appointment of a new manager of the Bell Telephone Company was received on Thursday last, and Mr. William Turney of town was appointed to that position. The retiring manager, Mrs. E. Munshaw, has been a faithful employee of the company for the past three years. Mr. Turney has been employed in the office of D. McTavish & Son, and no doubt will make good in his new responsibilities. His appointment is a popular one, as "Bill" has been a resident here for several years, is a returned man, and at present holds a commission in the Grey Regiment. His new duties commenced on Tuesday, June 1.—Flesherston Advance.

Kicked by Horse
Fred Engel, the 16-year-old son of Mr. Charles Engel, while watering the horses at Mr. Henry Froom's farm in Brant Township on Wednesday evening last, had the misfortune to be kicked on the chin by a two-year-old steed, which rent the flesh through to the bone and inflicted a wound that required nine stitches to close. An eye-tooth was also knocked out. The injured lad, who was under the care of the doctor, is able to be about again.—Walkerton Times.

Thieves Busy at Orangeville
Thieves played havoc in Orangeville and vicinity Saturday morning. At 4:30 a.m. the general store of S. H. Thompson was entered. The burglars, interrupted by Thompson, fled with \$5 in coppers, some silver and goods valued at \$25. A new car owned by Mr. Frank C. Island was stolen from his garage at the rear of his residence, Second street. The tracks were traced as far as Markdale. A McLaughlin light six touring car was found on Foley street Sunday morning, the license number being 45-050, and it is likely a Toronto car. A store at Caledon was cleared out on Thursday night, and a number of chickens were stolen from a farmer in Mono.—Shelburne Free Press.

Serious Accident at Power Plant
A very sad accident occurred at the H. E. P. C. plant at Eugenia when Mr. D. Ellis came in contact with a 22,000 volt wire and was severely burned. Two nurses and doctors are in attendance. Hopes are entertained for his recovery.—Flesherston Advance.

Don't Shoot the Pheasants
J. C. Hetherington of town is quite a bird fancier, and in an endeavor to introduce the pheasant to this part of the country, has raised four English ring-necked pheasants from a setting of eggs supplied by the Ontario government. Last week he turned loose a pair of these beautiful birds up the river in Brown's

bush as the initial attempt to making the pheasant more common in these parts. It is hoped that parents will warn their youngsters not to molest these birds. Jack is a pretty genial sort of a person, but we think if anyone harmed these pheasants, he might become riled enough to plant a couple of his cats in that person's neighborhood with definite instruction to continually "serenade" the offender at night until he repented of his action.

J. T. Park Sold Out
The successful jewelry and watch repair business run by Mr. J. T. Park, of Dundalk, changed hands on May 31. The purchaser is Mr. S. H. Porter of Orangeville. Mr. Park will remain in town for a while and will do piano tuning until he decides definitely on another location.—Dundalk Herald.

Flesherston Girl Honored
Miss Marguerite Runstadler has returned to her home here after completing another year in her study of medicine. Last year she finished her course in Arts and received her B. A. This talented young lady is not afraid of burning the midnight oil in the interest of her studies.—Flesherston Advance.

Horse Kills Indian
Joseph Akewenze, a Cape Croker Indian, who has lived on the Cape Croker Reserve all his life, is dead as the result of a kick from a horse, on Thursday evening of last week. The deceased was one of the foremost citizens on the reserve, and always took an active part in all political matters. For many years he was leader of the Cape Croker Band, which is still carried on by his children and known as the Akewenze Band. Seven sons of the late Mr. Akewenze served overseas in the late war, all of whom came home safely, which is a unique record.—Southampton Beacon.

Missing Child Caused Alarm
Genevieve Waechter, the 4-year-old daughter of Mr. and Mrs. Ben Waechter of Brant, caused her parents no little alarm when she suddenly disappeared from home at 11 o'clock Saturday morning, May 15.

As the most vigilant search failed to locate the youngster, the neighbors were notified, and five o'clock P. M. was set by the farmers as the time they were to unhitch their teams and organize themselves into searching parties to scour the neighborhood in quest of the youngster. As footmarks of the child were found near a pond in a nearby field, a hunt in the water for the body was instituted. Shortly after 4 o'clock, however, Nepus Waechter, the 10-year-old brother of the missing girl, located her picking flowers in a woods the length of three fields distant from her home. As she had passed around the pond and wandered to this spot, it is not probable that she could have wended her way, without aid, safely back to her home again. As the day was far spent and darkness would soon have set in and retarded the search, the child would seem to have had a close call from spending the night scantily clad in the open.—Walkerton Times.

Monstrosity at Beaton
Dr. McKelevy of Beaton had an unusual monstrosity brought to his office recently by one of his clients. A sheep gave birth to what was supposed to be a lamb, with a head like a lamb and no under jaw, and only a hole for a mouth. The ears were below the throat, one being half an inch longer than the other, the body resembling that of a calf and having very little hair at all and no evidence of any wool.—Orangeville Sun.

MEN—

We have good news for the man who shaves himself. With a reasonably good razor and

PAR SHAVING CREAM

You can enjoy the most delightful shave you have ever experienced. Par makes shaving easy—no pull or discomfort, and the rich, creamy lather does not dry out.

PAR IS ONE HUNDRED PER CENT EFFICIENT
Extra Large Tube 50c

WALL PAPER in Small Room Lots at HALF-PRICE

McFadden's Drug Store

DIED LAST WEEK FROM PNEUMONIA

(Continued from page 1)

politics and an active member of the Orange Association, under whose auspices the funeral was held Saturday afternoon, and which was the largest Orange funeral ever held in this vicinity, over sixty cars and other vehicles gathered at the house and following the remains to the graveside in Durham cemetery where the last rites of the Order were performed. A member of the United church, the services were in charge of Revs. Peters and Smith of Durham, the latter preaching a comforting sermon at the house. The pall bearers were fellow Orangemen, Messrs. W. R. Watson, W. Lawrence, J. McGirr, George Hopkins, Alex. Aljoe and R. McFadden.

Among the flowers placed on the casket were a pillow from the family, a pillow from L. O. L. 1492, a wreath from the C. P. R. station staff and section men, and sprays from No. 9 Sunday school, Mr. and Mrs. James Lyons, Toronto, Mr. and Mrs. W. Zufeldt, East Fultownham, Ohio, the latter a sister of Mrs. Hargrave, Mr. and Mrs. James Brown, Mr. and Mrs. W. Brown, Mr. and Mrs. N. McPhail, Mr. and Mrs. Alex. Aljoe, Mr. and Mrs. F. W. Moon, and from the Grant family, Durham.

Mrs. Hargrave and family feel deeply grateful for the many kind expressions of sympathy, the great kindness shown by neighbors and others, and desire to thank deeply all who in any manner helped lessen the burden in their hour of trial and sorrow. The many neighborly acts will never be forgotten, and they have requested that we give this expression of their gratitude. With the citizens of the vicinity, The Chronicle joins in extending sympathy to the family in the loss of husband and father.

GRASS MULCHED VS. REMOVING HAY IN A SOD ORCHARD

In an experiment with Fameuse and McIntosh apples conducted at the Fredericton, N.B., Experimental Station, two blocks of trees were planted in 1914. On one block, the grass was cut and left as mulch, while on the second block it was cut and removed as hay. The average yield per bearing tree for both Fameuse and McIntosh was considerably higher when the grass was cut and left for mulch.

Advertise in The Chronicle. It pays.

WOMAN COULD HARDLY WALK

Mrs. Horn Tells how Lydia E. Pinkham's Vegetable Compound Restored Her Health

Hamilton, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and would not be without it now. I had a female trouble so badly I could hardly walk and I was all round and could hardly get around to do my housework. I would be in bed three or four days at a time. I was told by a friend to try your Vegetable Compound. I did, and by the time I took two bottles I was beginning to get around again. I took ten bottles in all, and now I am all right again and doing my own work. I have six grown-ups to work for, so I have plenty to do. I also used Lydia E. Pinkham's Sanative Wash, and I think it is good. But I owe my health to the Vegetable Compound, and I think if more of it was used women would be better off. I would not be without it if it cost much more."—Mrs. NELLIE HORN, 28 St. Matthews Avenue, Hamilton, Ontario.

Do you feel broken down, nervous and weak sometimes? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently, will relieve this condition. C

When the wife hangs out a rug, some husbands beat it with a carpet beater and some "beat it" with their fishing pole or golf clubs.

WATER

Iron Pumps of All Kinds
Renfrew Ranges and Separators
Brantford Windmills
Gould, Shapley and Muir
Gas Engines
Schutz Pump & Tile Co.
Phone 15 Durham, Ont.

The Store That Sets The Pace

Look At Your Hat--- Everyone Else Does

Come in and be fitted for a New STRAW HAT. We have the Newest and most UP-to-Date Straw Hats this season we have ever had. A hat to suit every head, and prices are right.

WE ALSO HAVE

- Men's Borsalino Felt Hats
- Men's and Boys' Hatchway Underwear
- Men's and Boys' Khaki Pants
- Men's and Boys' Khaki Shirts
- The Newest in Men's Fine Shirts

Remember that June the 20th is FATHER'S DAY. Loosen up and Give Dad a Tie

D. M. Saunders

One Door South of D. C. Town, Jeweller, Durham

Is Your Roof Fire-safe?

Suppose that tonight you're awakened by your wife's voice, calling "Fire!"

It's a neighbor's home! Wind-driven sparks and blazing embers stream toward your house—fall on your roof.

Is your roof fire-safe—proof against this leaping menace?

Barrett Shingles will give you a fire-safe roof—a roof that will defy sparks and embers.

We carry several types of Barrett Shingles—all at convenient prices. Come in and talk roof. Our roofing experience is at your disposal—without obligation.

We endorse



Barrett Shingles are fire-safe

Cross & Sutherland Hardware Co., Limited
Durham, Ontario



Note: Dr. Forster's columns as will be in public print. Persons accompanied by self-address Dr. Arthur L. Forster.

The net result of a ally spoken of as the speak of the "fruits of fruit," and this fruit will reproduce other sin

Fruits, in other words, are plant domain what offspring the animal kingdom. Here seed-bearing portions of plant correctly speaking, fruits, an includes such products as melons and tomatoes, then as to as vegetables.

Composition of Fruits

Fruits, like everything of the earth, are mostly water—95 per cent—the being nutritive material. Fruits contain only about 20 per water, but the proportion of this matter is correspondingly crossed. Preserved fruits lose water by evaporation, and the nutritive value is raised by the tion of sugar in their preparation. Canned fruits are, in the main, changed.

As a general proposition, contain little or no fats, and protein content is so low as practically negligible. Accords their chief nutrient are carbohydrates in the form of sugars: sugar, grape sugar, fruit sugar. Many fruits also contain acids, such as mallic acid in ples, citric acid in lemons and Mineral matter is an important constituent of many fruits. For ample, dried fruits, like prunes, dates, raisins and figs, are rich in iron, calcium and phosphorus.

The flavor of fruits is of their sugars, acids and the "oil" oils they contain. In ethers and oils that, extract a chemical process, make up fruit "flavors" and "extracts" which we are all familiar.

Digestibility of Fruits

The digestibility of fruits with the kind and manner of

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HEALTH QUE

N. W. D. writes:

"(1) About a month ago I not sleep at night, although I had hard. I used medicine but with much relief. I am weak and down." Tell me what cause somnia and how to get rid of

"(2) What causes chronic aciditis and how long may it How to cure it?"

"(3) Which is the best food for nervousness?"

"(4) Although I am a you 47, I have a weak heart, and working or eating, I have a near the heart. How strengthen heart?"

"(5) In cold weather I must very frequently, without cough I think there's something v Is there?"

"(6) What are the symptoms appendicitis (acute and chro

Reply

First of all, let me say I think you are a confirmed neurotic. If I give you a few symptoms to think about, have just that much more you. But here goes for best for worse.

(1) Insomnia is mostly a habit to bed and go to sleep. Don't to yourself that you can't, when you lie down. Cultivate a healthy mind is the surest

(2) It follows one or more attacks. It lasts indefinitely. Surgical removal is the only cure.

(3) No drug is any good for

THE FAMIL

HEH HEH! HOWDY, NEXT!

DED QUIN FISH & LIVE GAIN WIKING

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