For The Quiet Hour

MY TORCH

This God-lit torch of mine I lift, that it may shine On all around With light divine,-that I have found To brighten life's short way.

I lift my torch on high That other travelers may descry The Godward path, And, following on,-life's aftermath To them may Glory be.

I lift my torch 'mid strife, That o'er the darkening paths of life Its flickering gleam May shed abroad a friendly beam On every striving soul.

Aloof I hold my torch That every morrow's opening porch May entered be By others, who may clearly see The upland path.

My torch when lifted high Gives service sweet afar and nigh, Dispelling night, And lighting others from my light, My own is none the less.

Oh, may I never fail With upraised torch to blaze the trail, Or pass it on

To someone, who with love anon Would grasp my ended task.

-W. S. Fyle.

FIFTY YEARS AGO A LAYMAN STARTED A BIBLE class in a humble kitchen in Rutherglen, Scotland. A dozen years afterwards it was transferred at the request of the minister and session, to the West United Free Church, where it still meets on Sunday afternoons. The membership is 700, and the founder still conducts it with all his first enthusiasm and energy. Many thousands of lads and girls have come under his influence. He has molded for good the lives of countless individuals. Who can estimate the value of the service which this Christian man has rendered to his community and to the cause of Christ? His name is samuel T. Baker.—Presbyterian Witness.

DR. TSAI YUAM-PEI, CHANCELLOR OF THE UNIVERsity of Peking, since 1917, and the first minister of Education under the Republic in China, who has been studying the educational systems of various European countries and the United States, found the outstanding feature of the American system to be its intensely practical character, of the French its concentration on original thought, of the German its insistence upon logic, and of the British, the emphasis it lays upon the building up of character. In that respect, he feels that the Chinese system is akin to the British, and on his return home, he intends to do whatever he can to strengthen the moral side of education in his own country.

NEW ZEALAND PUBLIC SCHOOLS ARE TO BE SUPplied with charts containing the ten commandments, which, as Dr. Wilbur F. Crafts asserts, are "the basis of our civil, as well as our moral and religious life, the decalogue being the very cornerstone of the great codes of Justinian, Charlemagne and Alfred." In nearly every part of the British Empire, provision is made for children to learn the ten commandments during school hours.

THERE ARE ABOUT 2,400,000 BLIND PEOPLE IN THE world. Egypt leads all other nations with 1,325 to every 100,000 of her population. India has 600,000, China 500,-000, Japan 100,000, the United States 100,000. In a recent year, England had 174,000 insane people, 93,000 of whom were women. Ireland had 24,000 and Scotland 17,000. In 24 years, 90,000 insane persons were admitted to the insane institutions of Paris. The strenuous life of the United States places that country in the lead of all nations. The last named country has 400,000 insane and feeble-minded people. Massachusetts heads the list with 344 insane persons out of every 100,000. The United States is doubling the roll of its insane every 16 years. If the present rate continues, by the year 2301, there will not be a sane person in the United States. This conclusion is based on the increase in the last 40 years. The poverty of the world is so great that 500,000,000 of our race sleep on dirt floors. In India there are 60,000,000 who do not know where their breakfast will be found. Twenty million have starved to death in that country in the last 25 years, and 1,400,000 children die of starvation every year. -United Presbyterian.

AS ONE TRAVELS THROUGH ALMOST ANY AMERICAN city on Sunday morning, he will see two things on the front steps of nearly every home, a bottle of milk and a Sunday newspaper. Those two things are worth more than a passing thought. Parents insist that milk for their children be pure. The bottle of milk is Grade A. But the Sunday newspaper for the most part is Grade C minus-or worse. What goes into the child's stomach must be sterilized; anything is good enough for the child's mind! The milk is absolutely pure, but the newspaper is frequently filled with germs that infect

The case for religious education today is simply that we treat the mind and heart of the child with at least as much reverence and care as we give to his stomach.-Christian Ad-

DO-S AND DON'T-S ON HOW TO SAVE

Manage your household or personal affairs in a businesslike way-pay cash and do not run bills.

Save a fixed sum every month and as much more as circumstances will permit, and make your savings work for you remembering that the government securities pay well and

are the safest of all securities. Memorize this rule and use it to measure all purchases: "Never spend money for anything which does not add to physical health or mental health or moral health."

Do your own buying and marketing, you alone know what should be bought to do your family the most good. Have simple meals, of good, pure food, well cooked and served; remember there is no economy in inferior quality, but that a reduction in quantity is often necessary for health.

Don't indulge in foods and drinks between meals. Amusement at the expense of one's health is expensive indeed. Buy only simple, well made furnishings and furniture.

They cost less to clean and last longer. Do not buy an article for which you have no definite use. Once you are past the "bargain table," the desire for

possession leaves you. Don't buy "faddy" clothes to be soon discarded, think of price and wearing qualities as well as of style.

Run your expenditures on a strict budget plan, devised and revised until it fits your individual family needs .- Press Division, Government Loan Organization.

In Other Communities

Taken From Our Exchanges About People of Your Acquaintance

instantly. The engineer notified the station agent at Flesherton, the seccient to cover Mr. Genoe's loss, as it practically cleaned out his stock jeweller and the milliner immediate- improvement. Carried. of young cattle.

The animals were pasturing at the back of Mr. Genoe's farm, and on restitution being made to the sheep killed and injured \$21.00; A. as there is no line fence between his property and A. Stewart's at that der years of the erring child, was half year's salary \$175.00, postage that the animals used both forms. spot, the animals used both farms. allowed to drop.—Walkerton Times. and telephone account, \$17.04; Trea-They jumped the fence on John Stewart's property and wandered over to the railway, whose fence, we understand, was not in good repair, and thence out on to the track.

A claim is being made by Mr. Genoe to the C. P. R. for the above amount, and it is likely the claims agent will be up in a few days to make a settlement.—Flesherton Ad- advertising for the towns of the day, July 13th, at 10 o'clock a.m., ways, couldn't ye?

Whether the unmentioned creditor has any redress under the Bulk makes one all the more appreciative Sales' Act passed in 1917 and which undertakes to protect creditors come signs erected by many towns, against parties selling out their business in bulk is a question that has arisen from the sale of the Olym- with the reduction of speed, the the box, mounted those that led to pia Kandy Kitchen here last week. Mrs. Karakus, as senior member of the firm of Mrs. Karakus & Son. proprietors of the business, undertook to give a declaration of the credit- a jolt that one of the traveller's ors the firm owed, and those listed suitcases was thrown from the back in her declaration, we understand, got their money in full, and the balance of money, according to the ists the chance to say of our town: Act, was paid over to Mrs. Karakus. It now develops that she didn't include all of the firm's creditors in Bluffed Chicken Thieves by Threat there are a number of creditors On Wednesday eevning of last who have received nothing at all, week shortly after dark, two men The Act imposes on the vendor to drove in the lane of the farm of give the names and addresses of J. M. Carson, Mornington, with a all the creditors and the amounts horse and buggy. Thinking no one owing to them, and whether there was at home, they passed the house is any redress for those she ne- and drove to the barn. glected to mention is a question that | Mrs. Carson, who was alone in the is troubling some here. It looks to house, on hearing the rig pass. us that in the public interest, the watched from an upstaris window, Act should be amended making it The men emerged from the barn compulsory that a public notice be with two sacks full of hens and progiven before the Bulk Sale can be ceeded to pass the house and make closed, so that all creditors will have a get-away. an opportunity of realizing on the Mrs. Carson, however, pluckily

Huge Coil of Wire Plunged into River

The Fergus News-Record tells of

a rather unique occurrence which furnished some real excitement for citizens of Fergus one day last week. Several reels of heavy lead covered cable were being unloaded off the freight car and taken down to the telephone office. Two of them had been safely unleaded, and the third one was being taken off the dray. It weighed about 3,000 pounds and was being moved slowly with a oneinch rope around it to keep it from slipping back. Without warning, this big rope snapped, and the reel in its wooden cover dropped off the wagon. From the back door of the exchange to the river is a steady slope of about one hundred and fifty feet. Down this incline the huge coil rolled, gathering speed as it went. Fortunately no one was in (front of it, and everybody kept out of its way. The bank of the river is about six feet high at this point, and by the time it reached the edge, the cable was going so fast it jumped through the air and landed squarely in the middle of the river a short distance above the Beatty dam. The water was not as high as usual, but the top of the reel was a foot or more under the surface. The work of recovering the cable

was a long, slow task, taking all the rest of the day. A derrick was erected on the bank and a raft built. Charlie Webber dived several times and put a crowbar through the hole in the centre. The coil was then lifted by means of a block and tackle. An interested crowd watched the performance from the St. David street bridge and other points

nearby. Shortly after five o'cleck, the drum had been raised to the top of the bank, but when they were swinging it around into place, the chain broke, and the coil fell over on its side. The work was abandoned until the following day, when the Bell Telephone Company sent a large truck equipped with a power driven reel. Two steel rails were put down the bank, after the water had been let out of the dam, and the cable was easily drawn up.

Yielded to Temptation While a Walkerton lady was atending a gathering of the children's

Cattle Killed When Struck by Train missionary circle in a local church Carried. In reference to the request for

Nine young cattle, belonging to on Monday afternoon, she hung ber Mr. Thomas Genoe of Ceylon, wan- hand bag with a fat purse enclosed dered on to the C. P. R. tracks last on the back of a chair, and the Thursday evening and were struck sight of the wallet so tempted a 2, concession 15, it was resolved that by the night passenger train from the south, and seven of them were instantly killed. The train from the bag that she annexed it, and property in a seven of them were with a seven of the wanter so tempted a no action be taken in the matter. Robb—Wilson: That a 30-inch and instantly killed. The train from the wanter so tempted a no action be taken in the matter. instantly killed. The two others with a little female companion, were seriously injured, and for some started out on a buying expedition,

The accident occurred at the cut-ting north of the lake one mile south of Flesherton Station, and as the train rounded a curve at that the train rounded a curve at that then treated herself to a \$10 wrist point, it was upon the cattle before the beam light fell upon the herd she informing the latter that an and the engineer saw them, but too aunt had given her the money. late to stop the train, and the whole Meanwhile the lady who had missed herd were practically annihilated her purse from the hand-bag, had Mack-Robb: That the Court of after a fruitless search of the sacred Revision now close and the Assessedifice, notified Chief Ferguson of ment Roll as now revised be finally tion men went to the scene of the accident and found the gruesome of the class who were there, left instructed to sign pay sheet No. 3 sight, all the animals lying within him to work out a clue. The chief instructed to sign pay sheet No. 3 a few yards of each other. After in his ramifications visited the home for work performed upon the roads telephoning the farmers whose farms of the girl's chum, and found that for the period from June 1 to June bordered the railway, it was found her companion had been doing some 21, the amount of expenditure for they belonged to Mr. Thomas Genoe, extensive spending. Going to the road improvement being \$244.20; Suand Messrs. John Stewart and F. bome of the girl who had lifted the perintendent's salary, \$30.80. Car-J. Collinson appraised the carcasses pruse, he got the wallet, but only and valed them at them at \$295, the 35 cents remained of the \$18.20 which wilson—Mack: That a further sum of \$1,000 be placed at the Road sum of which would not be suffi- it originally contained. On being sum of \$1,000 be placed at the Road apprised of the affair, both the Superintendent's disposal for road

Re Rough Urban Roads

The fact that the road through towns situated on a main highway is usually the roughest stretch encountered and that those in Grev county (according to S. L. Squire, Deputy Minister of Highways) is, to say the least, not a good kind of county. On the other hand, it is for general business. a splendid advertisement for the Have Unlisted Creditors No Redress? highways themselves, and a little bump - the - bump through town of the smoother road. On the welthe advice, "See our town slowly," could be added with good effect, and of going up the stairs that led to bumps would not be nearly as no- the bench, ticeable. The other day in town, a traveller was driving over one of our crossings, and his car got such seat hitting the man squarely in the back of the head. Don't give tour-"They treated us rough there, didn't they?"—Dundalk Herald.

proceeds of the sale, rather than, raised the window and ordered them as at present, leaving the creditors to release the chickens, as she had to the mercy of the memory or other. the drop on them with a rifle. They wise of the vendor.-Walkerton emptied out the sacks without any preliminaries and went off on high. -Milverton Sun.

Much in a Name

A little colored girl, a newcomer in Sunday school, gave her name to the teacher as "Fertilizer John-

Later the teacher asked the child's mother if that were right. "Yes, ma'am, dat's her name," said the fond parent. "You see she was named for me and her father. Her father's name am Ferdinand, and my name is Liza. So we named her

Egremont Council

Council met June 21. All members present. Minutes adopted. Mack-Ferguson: That tenders be called for the construction of a new bridge opposite lot 27, concession 8, and the Reeve be instructed to mee with the County Engineer in reference to plans and specifications.

the construction of a culvert at lot from the Ingot Iron Company, Guelph, to replace the culvert op-

and lot 6, concession 13; John Mc-Millan, tenant, lot 2, Centre street, south, Holstein; Arthur Mandrell, Tenant, lot pt. 10, concession 10.

ly returned their quota of the money | Resolved that the following acand received back their goods, and counts be paid: James W. Robb, age and stamps \$4.12; Reeve, postage and stamaps \$4.12; Reeve, post- pane of glass for the kitchen windy, age and telephone account \$3.65; Pat? Members of Council meeting Proton | Pat: Oi did not, Biddy, Oi was Council on Townline \$9.00, inspect- after a twilve by fourteen, an the ing roads and bridges \$32.00, attend- only size they had was fourteen be ing meeting to date \$15,00; R. Chris- twilve. tie, use of room \$2.00.

-DAVID ALLAN, Clerk.

All He Was Fit For

into the witness-box, and being old and a little blind, he went toot far

The judge took the mistake goodhumoredly.

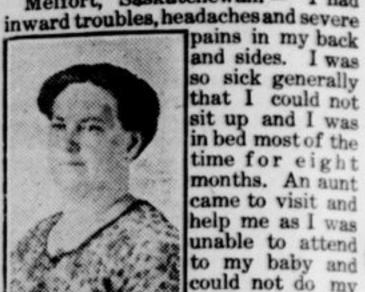
"Is it a judge you want to be, my

"Ah sure, your honor," was the reply. "I'm an old man now, and

SICK ABED

After Taking Lydia E. Pinkham's Vegetable Compound Could Do All Her Work and Gained in Weight

Melfort, Saskatchewan. - "I had



so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt

me to try Lydia E. Pinkha m's Vegetable Compound, and after taking two bottles I could get up and dress myself. I also took Lydia E. Pinkham's Blood Medicine. When I first took the medicine I only weighed seventy-eight pounds. Now I weigh twice as much. If I get out of sorts or weary and can't sleep I always take another bottle of the Vegetable Compound. I find it wonderfully good for fe-male troubles, and have recommended it to my neighbors. I will be only too glad to answer any letters I receive asking about it."-Mrs. WILLIAM RITCHIE, Box 486, Melfort

Lacked Versatility

Biddy: Did ye bring home that

Biddy: Ye fool, why didn't ve git Council adjourned to meet Tues- it? Ye could have put it in side-

WATER

Iron Pumps of All Kinds

Renfrew Ranges and Separators Brantford Windmills Gould, Shapley and Muir Gas Engines

Schutz Pump & Tile Co. Durham, Ont.

Specials in Ladies' Goods

Ladies' D. and A. Corsettes, pink......\$1.25 Ladies' D. and H. Elastic Girdles......\$1.50 Silk Hose, in apricot, blush, nude and light grey. Special, per pair50c

Ladies' Princess Slips, in Broadcloth in pink, sand, tan, grey and black\$1.85 Ladies' Night Gowns in pink, sand, grey and white

Ladies' Summer Weight Bloomers in pink and

mauve 50c Ladies' Cotton Hose in brown and black, excellent

quality, 9, 9½ and 10, per pair......25c

John McKechnie, Durham



JOHN: Wind's getting round to the East, Henry. Some of those sparks Il land on your barn roof." HENRY: Forget it - the sparks to set that roof * afire haven't been invented yet."

Here's one less thing to worry about

When sparks are shooting out from chimney or bonfire, why be worried about the roof of your barn, garage or shed catching fire? Cross out this worry by putting on fire-safe roofs-Barrett Roll Roofings.

We stand squarely behind Barrett Roofings. From experience we know they're durable and fire-safe-never rot or rust. We think you'll be pleased with our prices. Come in-see these sturdy roofings.

We endorse

*A roof of Barrett Roll Roofing is fire-safe

Cross & Sutherland Hardware Co., Limited Durham, Ontario

CHOLER

By DR. ART Note: Dr. Forster will an

columns as will be of int public print. Personal qu accompanied by self-addr dress Dr. Arthur L. Forste More than ten per cen

the first year of life. Th due to diseases of the diges serious is cholera infanti during the month of July

Cholera infantum occurs regul ly each summer and, although better knowledge of its causes materially reduced its mortality is still a force to be reckoned w

gin and generally has its beginn in an attack of acute indigesti itself a result of dietetic errors faulty hygiene. Prevention Our Only Hope

Inasmuch as two of every the

infants suffering from cholera fantum die, and since its treatni is so extremely unsatisfactory, a only hope of successfully light the disease lies in its prevents Summer complaint rarely occ in a previously healthy infant, teething seldom causes this or a

child have some intestinal disor that is not promptly corrected, a in six hours it is at death's di The disease kills quickly, If, then, a baby has frequent sta that become watery and green, he grows listless or fretful, a phy cian should be called at once, Wi waiting for the doctor, cut the m ber and amount of feedings in

and give the baby as much unswe

ened, boiled water as he will dry Hygienic Measures

The discharges from the box diarrhea may be passed from child to another. Hence, the sta should be promptly disposed of diapers washed so flies will come in contact with them transport the infection. Pers caring for the sick infant she wash their hands after each " they handle him.

The hygienic surroundings of e

(Copywright, 1926, by The HEALTH QUEST But Gastritis Does Not Mean Gas in the Stomach

A. M. G. writes:

"(1) For the last two or th or less with an acid taste in mouth, especially after eating t on after taking any kind of gre food or fat. I have also been to bled lately with gas in the bow Have I what is known as a chro

"(2) Is carbonate of magnesia d gerous to take for this? "(3) I am a fairly heavy smol

and I sometimes wonder if this anything to do with the sour to in the mouth.

OLD MR. CARTER HELPE BY SIMPLE MIXTU

Cheer up. This is going to be

THE FAMIL!

