

# Better Breakfasts Week

## Enjoy This Delicious Food Every Day This Week

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Most good things stand the Test of Time.

One reason Shirriff's Marmalade has maintained its place on many thousands of Canada's breakfast tables is because it is made from a fine old recipe.

And it is skilfully made from only the finest ingredients—first quality Seville oranges and purest cane sugar. But more than that. Shirriff's kitchens are spotlessly clean, admirably equipped, so that this delicious food reaches the household in a form absolutely uncontaminated.

Buy it with confidence, for its goodness never varies.

Your grocer has Shirriff's Marmalade in just the quantity to suit the size of your household—dainty individual jars, 12-oz., 1-lb., 2 3/4-lb. containers and the big 4-lb. tin sealed air-tight—the same high quality in every size. That way none is wasted.

You know that orange-juice is good for young children. Shirriff's Marmalade is crystal-pure. Give your youngsters all they want, for it has a wholesome food value.

Serve Shirriff's Marmalade every day in the year because it's economical and good for you.

See Special Displays at Your Grocer's Store

# Shirriff's MARMALADE Week

## JESUS WASHES DISCIPLES' FEET

The International Uniform Sunday School Lesson for March 7: John 13:1-17.

BY WM. E. GILROY, D.D., Editor of The Congregationalist. The title of this lesson as a topic for young people and adults is, "The Spirit of Christianity Illustrated." There could not be a better title, for though the lesson takes us far off into the distant eastern scene and into customs widely removed from our daily life, the incident that it records illustrates the teaching and practice of the Master as these must

be manifested in the modern environment. Just because modern customs differ so widely from those of the time of Christ, and because modern life has become so much more complex, there is all the more reason that we should perceive with clearness the elemental nature of the Gospel in its ideals of meekness and lowliness, love and service. Note how this lesson begins in

love, and in love as tested by the most crucial of all experiences. Jesus is facing his last hour. He knows that a way of tragedy and trial lies before Him, and it is in this crisis that love is His sustaining power. Nor is it only the love that others bear to Him; chiefly it is the love that he bears to them. How often we seek the love of others to uphold us without realizing what sources of strength are found in giving our hearts to the power of love. Jesus "having loved His own that were in the world, loved them unto the end."

He is conscious that Judas is about to betray Him; but conscious likewise of the divinity of His own mission, He gives to the disciples an unforgettable lesson in the divinity of service. The record is that "rising from supper He laid aside His garments, took a towel and girded Himself." Then, pouring water into a basin, he began to wash the disciples' feet and to wipe them with the towel.

Questioned by Peter. Peter, always ready to question what Jesus did if it did not fall in with his own conceptions of what was right and seemly, raised objection. "Lord," he said, "dost thou wash my feet?" The reply of Jesus is very enlightening in view of what happened to Peter in later years. "What I do thou knowest not now, but thou shalt know hereafter." But Peter is still obdurate. He will not allow his Master to assume the indignity of washing his feet. But the Master points out that this is a symbol of unity with him. Then Peter's reply is as impulsive and surprising as his former protest. "Lord, not my feet only, but also my hands and my head."

How beautiful is the word of Jesus in reply! "He that is washed needeth not save to wash his feet, but is clean every whit." How richly these words lift us above all symbolic purification into the reality that the humblest rite signifies. The washing of the feet may symbolize the purging of mind and heart from all evil through the power of God.

Enforces the Lesson. And then when Jesus has gone about the company performing for each this lowly service, he enforces the lesson that he has sought to inculcate. Here were these disciples who but a short time before had been quarrelling about questions of

precedence and which of them should be the greatest when they came into the Kingdom.

The Kingdom itself was not for them not so much a Kingdom of love and service as a Kingdom in which they were going to rule under their chosen Lord. The mother of Zebedee's children had sought for her sons, James and John, the highest places in the Kingdom, and the ten had been "moved with indignation," as they had beheld the ambition of this mother and her forceful sons.

It is a theory of many that Judas himself was moved to the betrayal of Jesus because of disappointment in not realizing the material rewards of the Kingdom. The kindest judgment of him has suggested that he was by his act forcing the hand of Jesus, hoping that Jesus would be compelled to commit himself and reveal his power.

We do not know about that, but

## PAINS ALL OVER BODY

### Two More Cases of Feminine Illness Relieved by Lydia E. Pinkham's Vegetable Compound

Barrington, N. S.—"I had terrible feelings, headaches, back and side aches and pains all over my body. I would have to go to bed every month and nothing would do me good. My husband and my father did my work for me as I have two children and we have quite a big place. I read in the paper about Lydia E. Pinkham's Vegetable Compound, and then got a little book about it through the mail, and my husband sent to Eaton's and got me a bottle, and then we got more from the store. I am feeling fine now and do all my work and am able to go out around more. I tell my friends it is Lydia E. Pinkham's Vegetable Compound that makes me feel so well."—Mrs. VICTOR RICHARDSON, Barrington, Nova Scotia.

Dull Pains in Back. St. Thomas, Ont.—"I took four bottles of Lydia E. Pinkham's Vegetable Compound and found great relief from the dull, heavy pains in the small of my back, and the weakness from which I suffered for five years after my boy was born. After taking the Vegetable Compound and using Lydia E. Pinkham's Sensitive Wash I am feeling better than I have for the past seven years, and advise my friends to take it."—Mrs. F. JOHNSON, 48 Moore Street, St. Thomas, Ont. C.

we do know the ambition and the selfishness that consumed these disciples even at the very time when they had left all to follow Jesus. They needed this lesson in humanity and service, and few are the modern Christians who do not need it.

## AT FAIRFIELD EAST.

Reception for Bridal Couple—Women's Institute Holds Supper. Fairfield, March 2.—Last Tuesday evening a reception was held for Mrs. Alfred Ackland, at the home of her parents, Mr. and Mrs. Norman Manhard. The house was filled with guests who came to congratulate the newly-married couple. The many presents received spoke of the esteem in which Mrs. Ackland is held by her many friends and neighbors. The bridal couple have moved to North Augusta, where they will reside.

Many from here enjoyed the comedy show "Thumbs Up," by the Originals in the Brockville new theatre last Friday evening.

A social evening was held by the Women's Institute at the home of Mrs. James Beveridge on Friday evening. Games and community singing were enjoyed and at midnight all were served to a supper after which a ten cent collection was taken. Miss Harriet Andrews has returned to her home here after spending a few days with her sister, Mrs. A. Moore, Escott. Miss Mary Bell, teacher, spent the weekend at her home at Brinston's.

Owing to the severe snowstorm of Monday the mixed and express trains on C.P.R. line between Ottawa and Brockville were from an hour to two hours late and were followed into Brockville by the snow plow. Arthur Moulds is redecorating a home in Brockville for his brother, Ernest Moulds. Mrs. W. Ralph spent a few days last week as guest of her parents, Mr. and Mrs. E. C. McDougall. Miss Evelyn Blissett has returned to North Augusta after spending a few days as guest of Mr. and Mrs. Charles Walker. Mr. and Mrs. Omer Woods spent Sunday with her father, Wallace McDougall.

In view of the unemployment and destitution in Manor Park, a suburb of London, the Westminster township council decided to establish a soup kitchen.

White gloves were presented to Judge Grant at the assizes in Woodstock.

## PASSED AWAY IN GEORGIA.

George McVeity, Newboro, Was Victim of Pneumonia.

Newboro, March 1.—The funeral of the late James Wright was held on Tuesday, February 23rd, at two o'clock from the residence of William Eaves, where the deceased had been cared for the past two years. On Tuesday, Feb. 23rd, the Rough Necks of Newboro, played Crosby; the score was 0-0, neither one was able to make a goal. Miss Bushfield of the Public School staff, spent the weekend at her home in Lyn.

William Lake made a flying trip to Ottawa this week. We have had some more snappy weather this week. The thermometer registering as low as eighteen degrees below zero. Ice cutting is the order of the day. Our streets are in a very slippery condition owing to the recent thaw. S. E. Bell is the guest of his grand mother, Mrs. S. Thompson. Harry Bishop, is still on sick list. The Women's Institute met at the home of Mrs. E.

Let on Wednesday, February 24th, S. K. Bross, Syracuse, N. Y., is at the Hotel Rideau this week.

Another one of Newboro's young men, in the person of George McVeity, aged twenty-one, son of Sherman McVeity, passed away in Port Bonning, Georgia, of pneumonia. Deceased left here last summer in the very best of health. Much sympathy is extended to the bereaved family of father, brother and sisters. Newboro hockey club went to Brockville on March 1st, to play Ganaquoque Wanderers. The score was 1-0 in favor of Newboro. This game was the final game for the Stewart Cup, which the Newboro club have in possession. A big crowd accompanied the club from all along the line.

John Dyer, aged twelve, Peterboro, died of mistreatment, it is alleged. The police hold his father on a charge of neglecting his children. S. E. Schreiner, Hamilton, expired suddenly at Niagara Falls just after partaking of lunch.

## To Kill Pests

### Use Comfort Lye

Get rid of bothersome bugs, beetles or roaches by placing food on an old plate with a little Comfort Lye around it. Going through the Comfort Lye to get the food kills them. To drive away rats or mice, just sprinkle some Comfort Lye around the holes and these pests won't bother you any more. Many other uses for Comfort Lye—the strongest cleanser known.



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GRANULATION and inflammation of the eyelids is soon relieved by the application of Dr. Chase's Ointment to the lids at night before retiring. The lids should be carefully cleansed with warm water before applying the ointment. Dr. Chase's Ointment is so pure and clean, so soothing and healing as to be an ideal treatment for this purpose.

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