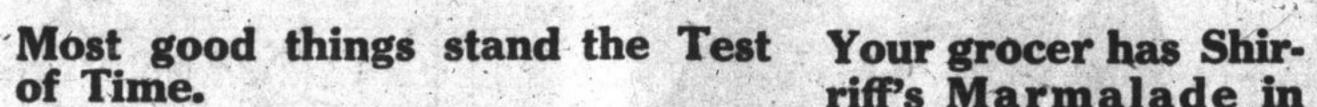
Better Breakfasts Week

Enjoy This Delicious Food Every Day This Week

From a rare old Recipe



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.

riff's Marmalade in just the quantity to suit the size of your

household-dainty individual jars, 12-oz., 1-lb., 234-lb. containers and the big 4-lb. tin sealed air-tightthe 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 Shiriff's Marmalade every day in the year because it's economical and good for you.

See Special Displays at Your Grocer's Store



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 fer so widely from those of the time Spirit of Christianity Illustrated." of Christ, and because modern life There could not be a better title, has become so much more complex. for though the lesson takes us far there is all the more reason that we off into the distant eastern scene and should perceive with clearness the into customs widely removed from elemental nature of the Gospel in its

vironment.

Just because modern customs diff our daily life, the incident that it ideals of meekness and lowliness.

records illustrates the teaching and love and service. practice of the Master as these must Note how this lesson begins

garments, took a towel and girded veal his power. Himself." Then, pouring water into We do not know about that, but a basin, he began to wash the disciples' feet and to wipe them with

> But Peter is still obdurate. He will not allow his Master to assume 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 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 symboline the purging of mind and heart from all evil through the power of God.

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 quarreling about questions of

most crucial of all experiences. Jesus be the greatest when they came into selfishness that consumed these disis facing his last hour. He knows the Kingdom.

before Him, and it is in this crisis them not so much a Kingdom of love They needed this lesson in humanity that love is His sustaining power, and service as a Kingdom in which and service, and few are the modern Nor is it only the love that others they were going to rule under their Christians who do not need it. bear to Him; chiefly it is the love chosen Lord. The mother of Zebethat he bears to them. How often dee's children had sought for her we seek the love of others to up- sons, James and John, the highest hold us without realizing what places in the Kingdom, and the ten sources of strength are found in giv- had been "moved with indignation, ing our hearts to the power of love. as they had beheld the ambition of Jesus "having loved His own that this mother and her forceful sons. were in the world, loved them unto | It is a theory of many that Judas

himself was moved to the betrayal He is conscious that Judas is of Jesus because of disappointment about to betray Him; but conscious in not realizing the material rewards likewise of the divinity of His own of the Kingdom. The kindliest judgmission. He gives to the disciples an ment of him has suggested that he unforgetable lesson in the divinity was by his act forcing the hand of of service. The record is that "ris- Jesus, hoping that Jesus would be ing from supper He laid aside His compelled to commit himself and re-

PAINS ALL

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, ore from the store. I am fe ine now and do all my work and an friends it is Lydia E. Pinkham's Veg-etable Compound that makes me feel o well,"-Mrs. VICTOR RICHARDSON arrington, Nova Scotia.

Dull Pains in Back St. Thomas, Ont. - 'I took four bottles of Lydia E. Pinkham's Vege-table Compound and found great re-lief from the dull, heavy pains in the

love, and in love as tested by the precedence and which of them should we do know the ambition and the ciples even at the very time when George McVeity, Newboro, Was Vic- Hotel Rideau this week, that a way of tragedy and trial lies | The Kingdom itself was not for they had left all to follow Jesus.

AT FAIRFIELD EAST.

Reception for Bridal Couple-Women's Institute Holds Supper. Fairfield, March 2 .- Last, Tues day evening a reception was held for Mrs. Alfred Ackland, at the home of her parents, Mr. and Mrs. Norman Manhard. The house 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 an neighbors. The bridal couple have moved to North Augusta, where they will reside.

Many from here enjoyed the A social evening was held by the

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 Bissell 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.

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

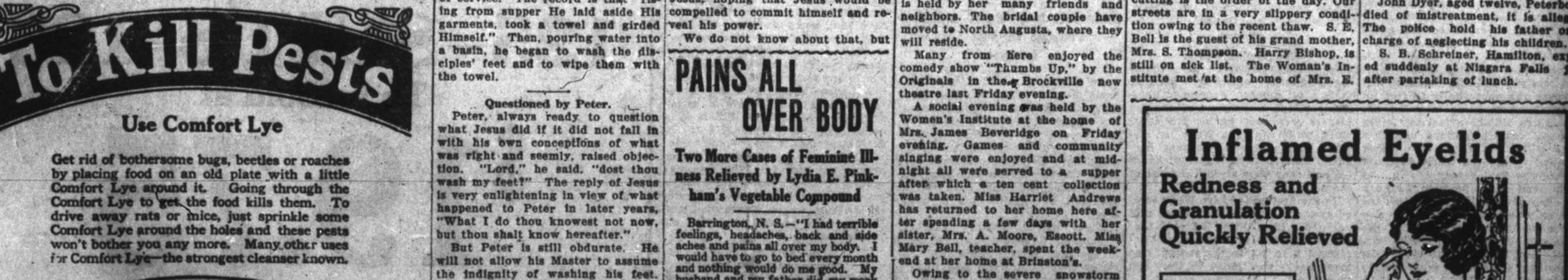
White gloves were presented to Judge Grant at the assizes in Wood-

end at her home in Lyn. The thermometer registering as low the club from all along the line. as eighteen degrées below zero. Ice cutting is the order of the day. Our Bell is the guest of his grand mother, charge of neglecting his children.

Lett on Wednesday, February 24th S. K. Breese, Syracuse, N. Y., is at the

Another one of Newboro's young Newboro, March 1 .- The funeral men, in the person of George Moof the late James Wright was held Veity, aged twenty-one, son of Sheron Tuesday, February 23rd, at two man McVeity, passed away in Port o'clock from the residence of Wil- Benning, Georgia, of pneumonia. Deliam Eaves, where the deceased had ceased left here last summer in the been cared for the past two years. On very best of health. Much sympathy Tuesday, Feb. 23rd, the Rough Necks is extended to the bereaved family of of Newboro, played Crosby; the score father, brother and sisters. Newwas 0-0, neither one was able to boro hockey club went to Brockville make a goal. Miss Bushfield of the on March 1st, to play Gananoque Public School staff, spent the week- Wanderers. The score was 1-0 if favor of Newboro. This game was William Lake made a flying trip to the final game for the Stewart Cup. Ottawa this week. We have had which the Newboro club have in possome more snappy weather this week, session. A big crowd accompanied

John Dyer, aged twelve, Peterboro streets are in a very slippery condi-died of mistreatment, it is alleged tion owing to the recent thaw. S. E. The police hold his father on Mrs. S. Thompson. Harry Bishop, is S. B. Schreiner, Hamilton, expir-





soon relieved by the application of Dr. Chase's tement to the lids at night before retiring. The applying the ointment. Dr. Chase's Ointment is so pure and clean, so soothing and healing as to be an idea treatment for this purpose.

Dr. Chase's Ointment

60 cts. a box, all dealers or THE DR. A. W. CHASE MEDICINE

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