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New Combination of Yeast with Vegetable Iron Quick Way to Build Up Weight



yeast"-which comes in concentrated their description. tablet form, was it possible to take yeast and iron in the right proportions to build up weight.

Vegetable "Iron" when combined twice as beneficial as ordinary fresh difficulties -a land inhabited or cake yeast.

-Ironized Yeast tablets are compos- would attempt to possess it. ed of concentrated food elements. therefore, they are pleasant to take and free from drug-like effects. If you are under weight, do not enjoy their minds that it was a hopeless pick you wight up, and if they fail, children of Israel. The ten probably you get your money back.

Sold by James B. McLeod and all practical men. competent to fied Yeast Co., Fort Erie, Ontario, headed men without vain imagin-

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\$1,850- 5 roomed frame house, 3 piece bath room, electric lights, 1,000—8 roomed frame house, elec-

3,300-Double frame, toilet and

2,900—Rough cast, 6 rooms, toilet 11. Radio bulb. and basin, electric lights, gas for cooking, fireplace, garage and gar--Brick Veneer, 6 rooms, s, 3 piece bath room, elec-

arts lights, gas for cooking, hot air heating, fireplace, garage, garden and hardwood floors. 3,800—Stone, with improvements.
7,000—Brick house, 10 rooms, all improvements including lot.
For further particulars apply

T BAGOT STREET PHONES:

WEEKLY SUNDAY SCHOOL LESSON

The International Uniform Sunday School Lesson for Oct. 10: "The Reports of the Spies."-Numbers 13:23-33.

lesson to a survey of history both

of spiritual vision is vindicated in

over material forces. It is full of

constantly true of life, it has the

utmost importance. It comes home

Facing Our Future.

we fall back before the seeming

power of the dragons and giants in

the way? Or do we put on the whole

armor of God and venture forth de-

termined to conquer? God is on the

side of the men of faith and cour-

This is supremely the lesson of

history as it is supremely the spir-

itual message of the Bible. The ap-

happiness in the life of the com-

ties and the need of conquest.

and discouragement of the ten.

Moscow, Oct. 4 .-- The School Fair.

d Centreville was well attended by

a number of Moscow residents. The children of the school were successful in winning many prizes! Several

schools took part in the parade but

Moscow was fortunate enough to

Mrs. Wilfred Potter has returned

to Colborne after spending a few days with her parents, Mr. and Mrs.

F. Darling. The lutter have also

been visited by their daughter, Mrs.

T. Armstrong, Vars. Mrs. R. Asselatine is spending a couple of

win second prize

surely be clear.

own age and environment.

BY JVM E. GILROY, D.D., Editor of The Congregationalist. | sacred and secular, in so far as this With what eyes do we see? Sim- distinction may be observed, to disply with the eyes or material vision; hover-ton assentially this and byton

or with the eyes of the soul? The question is enforced for us by life. We find expressed the truth in tion of sluggish many incidents and teachings of great maxims that have become problood cells, drives Scripture among which is this very perbial in their power: "The blood out dangerous notable story of the Twelve Spies of martyrs is the seed of the ody poisons, in- sent from Israel to bring back fre- church," "Truth crushed to earth creases energy ports concerning the Promised Land. shall rise again" and "No cross, no

and . endurance In material vision, the spies were crown." and supplies the agreed. There was unanimity as to The cynical boast of Napoleon that vitamines that the goodliness of the land. Its nat- God is on the side of the great batbuild up weight. | ural resources were wonderful. It talions found its signal, tragic and For years yeast was a land flowing with milk and complete answer in the issue of his as a rich vita- seem full of exaggoration, the spies vision and courage of the men of canv. Toronto. mine food, but brought with them as they returned, faith. It is for the most part perfected "ironized great bunches of grapes in proof of story of the conquest of spiritual

But here the unanimity of the the records of the triumph of seemspies ended, for ten viewed the land ingly small forces which had the only with material vision, while two power to overcome, with yeast is quite easy to digest, viewed it with eyes of the soul. To herefore better for the system. And the ten, it was simply the land of past, this lesson is, in a sense, unimyeast" when ironized, becomes just Canaan. desirable, but beset with portant, but as a symbol of what is glants, full of terror for those who

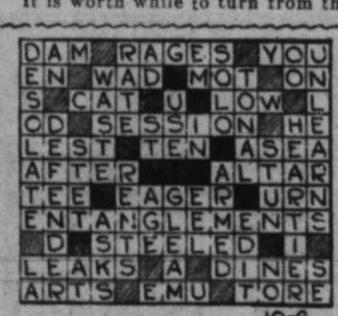
Fear Quest is Hopeless. There was no doubt whatever in quest for so weak a company as the considered themselves very good druggists at \$1.00 for a large things just as they were. They no 60-tablet package or sent direct from | doubt prided themselves upon their laboratory on receipt of price. Iron- common sense. They were hard-

The two, on the other hand, saw this desirable country as a Promised Land. It meant for them the goal of a spiritual quest and they were not going to be lightly turned aside from a glorious purpose by difficulties.

They did not estimate the power and strength of things by mere size They knew that men of faith and courage and determination might easily put to flight giants lacking in these qualities. They said concerning this land "we be well able to possess it." They were men of the stamp of Elisha, who later on in the conflicts of Israel, as he saw the city encompassed about with horses and charlots, was unmoved by the danger that beset his servant.

"Fear not," said Elisha, "for they that be with us are more than they that be with them." and as Elisha prayed that the eyes of his servant might be opened, "the Lord opened the young man's eyes and he saw: and behold the mountain was full of horses and charlots of fire round about Elisha." That is the power of spiritual vision-to see the mountains full of horses and chariots of fire round about one in times of need; to know that God's power is unquenchable, no matter how many and mighty seem the fiery darts of

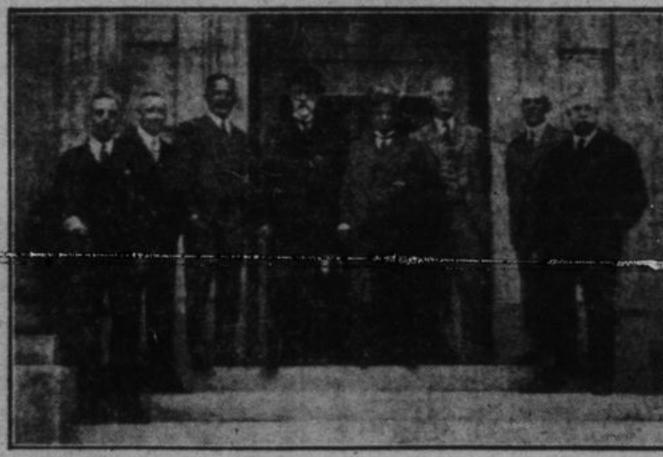
Spiritual Vision.



It is worth while to turn from this

Crossword Puzzle Answers.

THE DIWAN OF INDIA AT TORONTO



Picture of Bahadur Sir T. Vyayaragharaharya, K.B.C. in the centre of the group, taken after a dinner held in his honor has been known honey. Lest their reports should own career. History vindicates the st the head office of the Manufacturers' Life Insurance Com-

- FRIDAY, OCTOBER 8.

KDKA (309.1) Pittsburgh, 3.20 p.m.-Stockman-Farmer re

directly to men like ourselves in our port. 6.15-Dinner concert.

How do we face our promised lands, of individual betterment, of 7.45-University of Pittsburgh adsocial hope and improvement? Do

> WLW (288.3) New York. 12.05 p.m .- Visconti's Orchestra. 12.45-Concert by Mildred Prigge tility."

WEAF (492) New York, N.Y. 10.40 a.m.-1.15 p.m.-Betty Crocker; Norma MacCauley, soprano; plications of such a lesson as this talk; Rolfe's Orchestra.

to the issues of current life must 4-7.45 - Composer-pianist; bari tone; "Unexplored Countries;" con-We think of innumerable promis- tralto; Seville. Ensemble; music; ed lands, of social betterment, the Waldorf-Astoria music; talk; Ingraattaining of better industrial condi- ham's Orchestra; "Review of the tions, of deeper honesty and effi- Drama;" accordian and violin. 8-The Happiness Candy Boys. ciency in government; of health and

We think of larger issues of inter- Sore, Aching Corns national comity and world peace. No Drop Out In Hot Bath promised land that is worth possess-

ing presents itself without difficul-The way of progress is a way of them quickly, the hot foot bath employed with Putnam's Painless Corn effort, of sacrifice, of determination, Extractor is best of all. To use out the world still finds its progress "Putnam's" is to end corns quickly. The sting disappears, toes feel better at once-another application/or faction is assured to everyone wh uses Putnam's Painless Corn Extractor. 25 cents at all dealers.

8.30-The Wandering Minstrels. 9-Carl Schalovitz, violinist.

9.20-Melody Girls. 9.30-La France Orchestra. 10-Whittall Anglo-Persians. 10.30-12-Lopez and His Orches-

WJZ (455) New York. 6.05 p.m .- George Olsen's Orches-7-Sundial Serenaders and Bonnie

7-Baseball scores. Children's per- Laddies. 9-Honest Ballot Association.

WGY (379.5) Schenectady, N.Y. 6.30 p.m .- Van Curler dinner pro

7.35-Instrumental programme 8-Remington band. 9-Comedy, "Girard Street Gen

11-Valley Male quartet.

WBZ (333.1) Springfield, Mass. 7.30 p.m .-- Radio Four. 8.30-Greenfield Hour. 9.30-Alberta Kelliher, violinist 9.45-Eddie Adams, planist.

WBAL (246) Baltimore, Md. 6.30-7.30-Dinner Orchestra. 7.30-8-WBAL Jubilee Singers. 8-9-Musical Programme, 9-10-WBAL Ensemble.

KYW (586) Chicago. 6 p.m .- The bedtime story. 6.30-Congress dinner concert 7-'American' Family Hour. 9-Edison programme. 10.30-12-Congress Carnival.

WOC (484) Davenport, Ia. 5.45-6 p.m .- Chimes Concert. 7.30-8.30 - 'Mooorman Melody

9-9.30-"The Whittall Anglo-Per- pleasant evening.

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WCCO (416.4) Minneapolis. 5.15 p.m .- Children's hour. 6.15-Dinner concert. 8-Nash programme.

167 PRINCESS STREET.

9.30-Musical programme. 10.05-Emmet Long's orchestra.

Complete radio programmes sold

at Canada Radio Stores. VISITED AT SYDENHAM

Elginburg Friends Called on Mr. an Mrs. E. Tolls.

Elginburg, Oct. 5 .- This autumn ! has been an exceptionally wet season. A large number of people have had colds. On Friday night last about twenty-five friends of Mr. and Mrs. E. 8.30-9-LaFrance musical pro- Tolls motored to their home at Syd-

ALCON BRAND

D CHOCOLATES

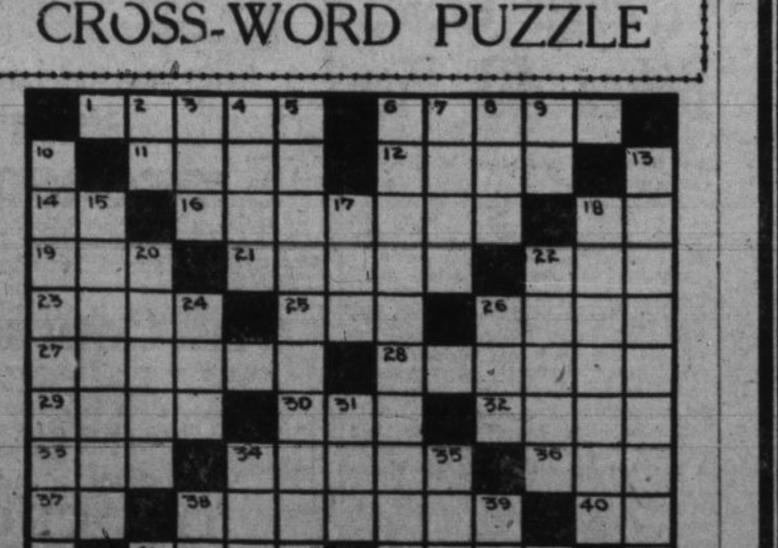
weekend with his parents before going to Montreal, where he will attend McGill University. Rev. W. T. and Mrs. Mackenzie, Mrs. W. E. Cordukes. and Miss Marjorie Johnston left on Monday morning on a motor trip to

The farmers are filling silos whenever the weather permits. Threshing is almost finished for this fall. Mrs. Alexander Smythe attended the Wolfe Island fair on Tuesday. Many who would have gone to Odessa Fair were disappointed on account of the heavy rainfall. Mr. and Mrs. Harvey Deline are again living in Mr. A.

Egg Filling.

Hard boiled eggs chopped up with mayonnaise dressing make very palatable fillings for brown Mr. Keith Mackenzie spent the sandwiches

weeks with her daughter, Mrs. W. Hooper, Detroit. G. Clark and family have moved into H. Reid's house. A number from Moscow attended the anniver-



You'll find four pyramids in this puzzle

27. The entire property

31. Characteristic. 22. Males. 23. God of Love. 25. Sea eagle. 26. To pursue game. 5. Deploted.

of a bankrupt per-

8. Child. 9. Deity. to. Female sheep. 12. Profit. 13. Satisfied

37. Like. 18. A second test. 40. Point of compass. 42. To decorate.

34. To entangle

Vertical. 2. Neuter pronoun. 3. A quid. 4. To advocate.

6. Cute off from

her itance.

10. Practice perform-

17. Rowing implement 18. Any condition of 20. Cow or calf. 22. Pertaining to a wall. 24. Matched dishes. 26. An ugly old wo

man. 31. International bat-34. To barter. 35. To frolic. 38. Eggs of fishes.

39. Falsehood. in- | 41. 3.1416. 43. Third note in scale.

Special for Candy Week Oct. 7-13 3-lb. box of Falcon Brand Assorted Chocolates Soft creamy centres that melt into

deliciousness, caramel fillings that hold a lingering sweetness. Through the window of its attractive box you may see this wonderful assortment of chocolates, individually packed in paper containers. The whole family will enjoy this unusual treat. It is the greatest value in confectionery ever offered to the people of Ontario.

Ask the grocer in your neighborhood who displays the seal of the Independent Grocer on his window to save a box for you.

It is only from your Independent Grocer that you can purchase these 3-lb. boxes of Falcon Brand Chocolates. To avoid disappointment, it would be well to place your order now.

\$175 value for 90¢

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