

# CRIPPLED WITH RHEUMATISM

Then She Took "FRUIT-A-TIVES" And Has Been Well Ever Since



MADAM SLOAT

PERIN JUNCTION, N.B., Jan. 22nd, 1920  
"For many years, I was a great sufferer from Indigestion, Constipation and Rheumatism. My Stomach was weak and gave me constant distress, while Rheumatism in my joints made me almost a cripple. I was treated by two different doctors but their medicine did me no good.

Then I tried "Fruit-a-tives" and at once that fruit medicine helped me. Soon the Constipation and Indigestion were relieved and the Rheumatism began to go away, and in a few months entirely disappeared. For twelve years now, my health has been first class, and I attribute it to the use of "Fruit-a-tives" which I take regularly."

Mrs. CLARA SLOAT,  
50c a box, 6 for \$2.50, trial size 25c.  
At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

# BEECHAM'S PILLS

Sweeten the Stomach

## Cold! Lumbago, Or Stiff Back

Old St. Jacobs Oil will stop pain and stiffness in a few moments

Ah! Pain is gone! St. Jacobs Oil acts almost like magic. Quickly?—Yes. Almost instant relief from soreness, stiffness, lameness and pain follows a gentle rubbing with St. Jacobs Oil.



Rub this soothing, penetrating oil right on your painful back, and relief comes. St. Jacobs Oil is a harmless backache, lumbago and acetatic liniment which never disappoints and doesn't burn the skin.

# SHILOH STOPS THAT COUGH

For grown-ups or children. Safe, sure and efficient. Small dose means economy and does not upset the stomach. At all dealers, 30c, 60c and \$1.50.

# Spring is Here— You Need A Tonic

# CELERY KING

# Miss M. Bayington Tells How Cuticura Healed Her Scalp

"I was troubled with a scalp trouble for several weeks. It broke out in pimples and my hair fell out. My head itched and burned a great deal. I tried different remedies without success. I saw Cuticura Soap and Ointment advertised and sent for a free sample which helped me. I purchased more, and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Marian Bayington, Prentiss, Maine, Feb. 27, 1921.

Keep your skin clear by using Cuticura Soap and Ointment for every-day toilet purposes and Cuticura Talcum to powder and perfume. Rub with Cuticura Soap and hot water. Before bathing, touch pimples and itching, if any, with Cuticura Ointment. Dry and dust lightly with Cuticura Talcum, a powder of fascinating fragrance.

It is against the law to serve frogs' legs in Wisconsin in March and April. Bleeding pine-trees for turpentine does not injure the wood of the tree.

# Sunday Services in Churches

St. Paul's.—Morning prayer, 11 o'clock; Sunday school, 3 p.m.; evening prayer, 7 o'clock. Preacher Canon Fitzgerald, M.A.

St. Andrew's.—Rev. John W. Stephen, minister. Services, 11 a.m. and 7 p.m., conducted by the minister. Students, soldiers and strangers welcome.

Zion Presbyterian church.—Services, morning at 11 a.m.; evening at 7 p.m. Minister will preach at both services. Sabbath school at 3 p.m. All welcome.

Bethel Church, cor. Barrie and Johnson streets. Services, 11 a.m. and 7 p.m.; Sunday school, 3 p.m. Wm. Browning, the evangelist, will preach Sunday evening. You are invited.

Chalmers Church.—Rev. R. J. Wilson, D. D., minister. Services at 11 a.m. and 7 p.m. The minister will preach at both services. Evening subject: "Jesus and Liberty." You are invited.

Cooke's Presbyterian Church, Brook street.—The minister, Rev. W. Taylor Dale, will preach at 11 a.m. and 7 p.m. Your prayers and presence respectfully invited. Sunday school, 11 a.m. and 3 p.m.; Bible class, 3 p.m.

Sydenham Street Methodist church.—R. H. Bell, minister will preach morning and evening. Class meeting, A. Shaw, 9.45 a.m. Pastor's class at close of morning service. Bible school, 2.45 p.m. Social hour after evening service. You are welcome.

St. George's Cathedral.—Fourth Sunday in Lent. The Beginning of the Lenten Mission. Services: 8 a.m., Holy Communion; 11 a.m., matins; 3 p.m., Young People's Service; 7 p.m., Mission Service. Missioner, Rev. Ensor Sharp, M.A., Toronto. Come, come, come.

St. Luke's Church, Nelson street.—Rev. J. de P. Wright, M.A., B.D., rector. Fourth Sunday in Lent. 11 a.m., morning prayer; 2.30 p.m., Sunday school and bible classes; 4 p.m., holy baptism; 7 p.m., evening prayer. Music—Anthem, "Rock of Ages" (Dudley Buck.) Friday 7.30 p.m., Lenten services.

Calvary Congregational Church, Charles and Bagot streets.—Pastor, Rev. A. F. Brown, 144 Barrie street. Phone, 1886w. Sunday, 11 a.m., topic, "The Great City." 3 p.m., Sunday school; 7 p.m., topic, "The Cloud of Witness." Monday, 8 p.m., Christian Endeavor; Wednesday, 8 p.m., prayer meeting. Everyone welcome.

St. James Church, cor. Union and Arch streets.—T. W. Savary, rector, the rectory, 152 Barrie street. 8 a.m., holy communion; 11 a.m., morning prayer and litany. Sermon subject, "Prayer, Its Conditions." 3 p.m., Sunday school; 7 p.m., evening prayer and sermon. Sermon subject, "Studies in the Life of St. Peter. The Solemn Warning."

First Church of Christ, Scientist, Johnson street, between Bagot and Wellington. Sunday school at 9.45 a.m.; Sunday service, 11 a.m. and 7 p.m. Subject, "Reality." Public reading room, same address, every afternoon, except Sunday and holidays, 3 to 5 o'clock and Thursday evening from 7.30 to 8.30 o'clock. All are cordially invited to the services and to the reading-room.

Gospel Hall, Princess street.—Sunday, March 26th, at 7 p.m. George Bentley, English evangelist, will speak on "Is Christ's Coming the Blessed Hope of the Church?" Extra seats will be provided. At 4.15 lantern views and address to children. Mr. Bentley is speaking on Bible themes every night except Saturday, at 8 o'clock. Don't fail to hear him.

Princess Street Methodist Church.—Rev. J. A. Waddell, minister. Services, 11 a.m. and 7 p.m. The minister at both services. Sunday school, 2.45 p.m.; Epworth League, Monday, 8 p.m. Debate, "Resolved that it is possible for the country church to do more good than the city church." Prayers meeting, Wednesday, 8 p.m. Strangers and visitors cordially welcomed to all services.

Present Truth Hall, corner Princess and Montreal streets.—Song service, 7.15 p.m.; preaching, 7.30 p.m. Subject: "The Perils of Spiritualism." To what extent is the world in the power of spiritualism? Is it of God or the devil? Are we in imminent danger? Evangelist Joyce will answer these questions on Sunday night, using the testimony of God's word as unequivocal evidence. All come; you are welcome.

First Baptist Church, Sydenham and Johnson streets.—Rev. J. S. La Flair, pastor. 11 a.m., Rev. S. S. Bates, D.D., of McMaster University, Toronto, will be the speaker; 2.45 p.m., Bible school; 7 p.m., Sermon theme, "Christ, or—?" The pastor will preach.

Queen Street Methodist Church.—Anniversary Services. Special preacher, Rev. W. T. G. Brown, B.A., B.D., of Dominion Church, Ottawa. 11 a.m., "The Fourth Beatitude." Music: Organ prelude, (a) "Consecration" (Adolphe Coerne) (b) "Spring Day" (Ralph Kinder); anthem, "In Heavenly Love Abiding" (Shelley), Offertory prelude, Pastoral, (Sullivan). Offertory Quartette, "How Long Will Thou Forget Me" (Carl Pfeuffer); by Mrs. Evans, Miss Stag and Messrs. Middleton and Gask; Postlude, Festal March (Bosley). 7 p.m., "The Authority of Christ." Music: (a) Organ prelude in B flat—(Rudolph Bibb); (b) An Elizabethan Idylle (Terluis Noble); Introit, "Now, Oh Lord" (Wolstenholme); anthem, "The Day is Past and Over" (C. Marks); Offertory prelude, "At Twilight" (Fryberger); offertory solo, "There is a Green Hill" (Gounod); by L. W. Gask; Postlude, Grand Choeur (Ernest Shepherd).

# Saints Ostracized, Then Canonized

By the Rev. Charles Stajala

Funny—isn't it?—People will pay for being told what they already know—and the more firmly they are convinced of it, the more eager they are to be told it again and to pay extra for listening to it.

That's why the most "popular" preachers are those who have the knack of saying commonplace things in a sensational fashion—not the "prophets" who see a generation ahead of their time and urge the people to come up to the ideals which they have seen in their most exalted visions.

That's why the politician who always gets away with it is the one who keeps his ear to the ground so that he can hear what the people are saying, so that he can tell it to them again in his own language—not the statesman who has thought through the great questions of the day and isn't afraid to tell the public what should be done about them.

# Getting Rid of a Stubborn Cough is Child's Play Now

Make the Medicine Yourself at Home It's Cheap—but You Can't Beat It

If you want to take care of that bad, hard cough and do it in a few hours, better get one ounce of Parmit (double strength) and mix a half pint at home.

You can do this in two minutes by adding a little sugar and enough water to fill a half pint bottle.

Men's souls are the most precious things on earth. If there's a hereafter then they're still more precious, because they're the only things on earth that will endure—everything else will pass away.

Such a man not only becomes the best of his own soul, but he loses his own soul. But when we speak of "losing" one's soul, it does not mean that the soul is destroyed but that it has been misdirected—in purpose and destiny—it is out of harmony with God's plan.

Indeed, any man or woman engaged in any other occupation may become a successful soul-winner. One advantage of being a non-professional soul-winner is that you probably know the paths which the "lost" soul has taken, because you know the manner of life and temptations of real men and women.

Keen observers of the trend of things tell us that the sign point towards a "revival of religion."

It would be a mistake for the church to insist that they shall use the terminology which served its purpose for another generation, and that they must have the same kind of spiritual experiences.

# "I'm So Tired"

Miss Amy L. Metcalf, R. R. No. 3, Arthur, Ont., writes:—

"I have used Dr. Chase's Nerve Food with several favorable results. One spring I was very weak and run-down, and did not sleep well any more."

There is such a thing as being temporarily tired as a result of hard work. This condition is relieved by a good night's rest.

When the roll is called they won't ask you where you didn't go, and what you didn't do, but what did you "get across."

Your nerves are tired, weak and exhausted, and you need the assistance which is best supplied by Dr. Chase's Nerve Food.

# Spring Impurities Due to Poor Blood

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an all-year-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months.

It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills clear the skin because they go to the root of the trouble in the blood.

Wolves at Lee Valley. Are Reported Numerous—Good Season for the Trappers.

Lee Valley, March 20.—The Ladies' Institute planned two progressive crokinole parties, one for March 7th and March 15th.

Wolves are very plentiful. Many are heard at night and a number have been seen crossing the fields in daylight.

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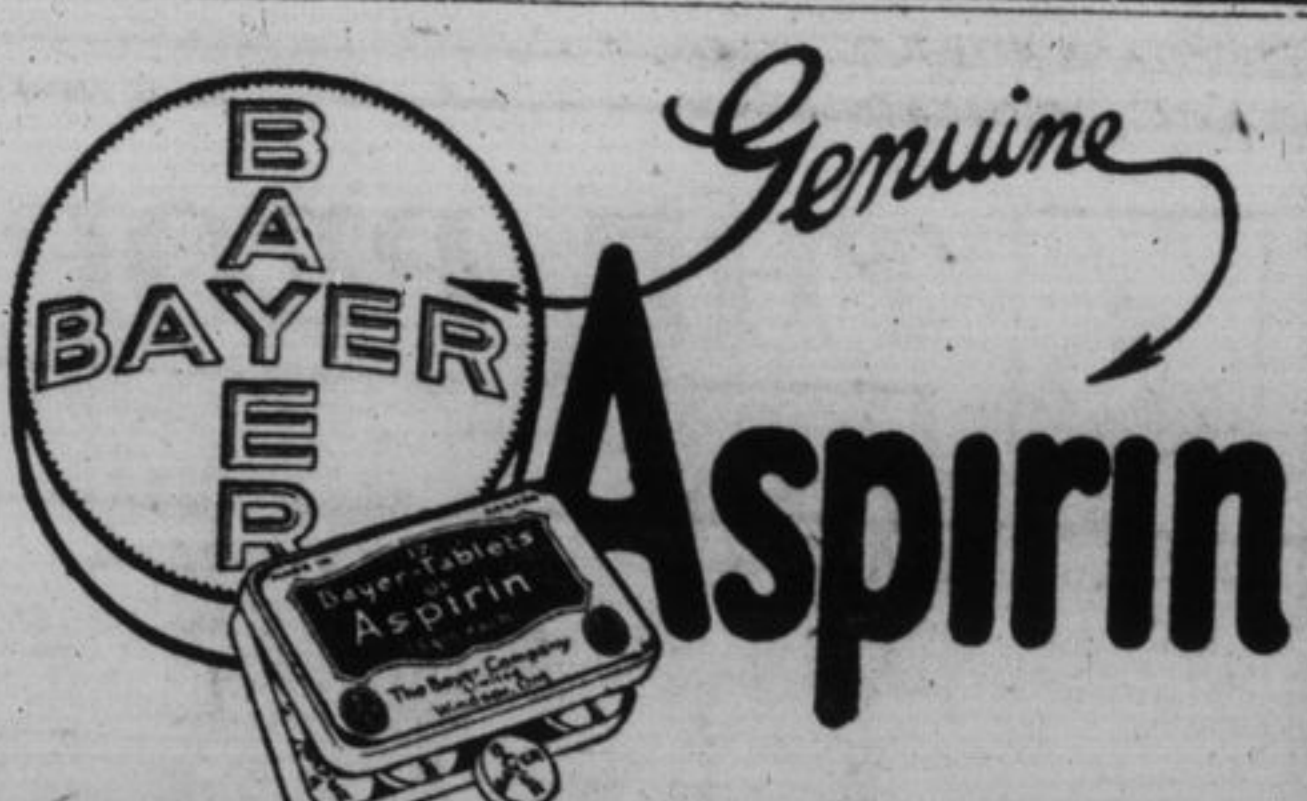
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WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticacidester of Salicylicacid.

So a teetotaler is not a full man. We surely know that. A "full" man is one who has a load on.

It would appear that the Canadian militia has too many heads and inspectors. But able-bodied military officers should not be pensioned. Let them work for good pay.

A Kingston man heard messages from the dead at a seance in Montreal. Has that city been chosen for headquarters of seances because it is the "spirits' centre?"

The ladies are applying for a senatorship. Do they not know that under some past regimes it cost from \$5,000 to \$10,000 to be made a senator?

The president of the Kingston Motor Club might take that gun to church and fire it off when the minister's half hour is nearly up.

The bible is being "interpreted" now as never before. The "Second Coming" guessers are certainly giving us some great stories. However, bible discussions are good for the people if the essentials are kept before them.

Coal dealers tell us that it will cost less to heat a house next winter. That will depend, however, upon the severity of the weather. Coal has been mighty dear this winter, but thank heaven the weather has been moderate, or more people would have been bankrupt.

The local Chinks must feel that the authorities will not allow them to have any fun at all. When they have a little "smoke," in come the police on them for the second this year. But they cannot expect "Tim" to get them off every time.

The Queen's principal finds that women do not mix as well as the men do. Perhaps it is just as well for the men, as secrets might be given away.

Tea Shortage Means Higher Prices. During the war teas reached a very high level of cost, largely owing to shortage of shipping. In 1919 and 1920, greatly increased production and unlimited shipping resulted in enormous quantities of teas reaching every market in the world, and a consequent fall in cost ensued.

# Automotive Grinders

R. M. CAMPBELL,  
Corner of Queen and Wellington Streets.