

Heart Trouble Shortness of Breath

Mrs. Geo. E. Bowman, Morrisburg, Ont., writes: "I am writing you a few lines to let you know of my experience with Milburn's Heart and Nerve Pills. Two years ago I became very poorly with my heart and nerves and whenever I took the least little bit of exercise my heart would start to jump and flutter. I could not walk up stairs without having to sit down and rest before I was half-way up, on account of my breath becoming so short. I commenced taking MILBURN'S Heart and Nerve Pills and in no time I felt a great improvement, and can now heartily recommend them to all those who are troubled with any affection of the heart."

H. & N. Pills are for sale at all drug and general stores; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Sunday Services in Churches

St. Paul's—Holy Communion, 11 a.m. Preacher, Canon FitzGerald, M.A. Sunday school, 3 p.m. Evening prayer, 7 p.m. Preacher, Canon FitzGerald, M.A.

First Baptist Church, corner Johnson and Sydenham streets—Services, 11 a.m. Rev. Douglas Laing; 7 p.m., Prof. J. F. McFadyen. Bible school at 2.45 p.m. Strangers cordially welcomed.

Gospel Service at the Sailors' Home, Sunday, March 1st, at 7 p.m. Come and hear the man who was blind but now seeth. Service undenominational. B. A. Sanford, Belleville. All welcome.

St. Andrew's Presbyterian—Rev. John W. Stephen, minister. Public worship, 11 a.m. and 7 p.m., conducted by the minister. Any Presbyterians who find themselves without a church home at this time are cordially invited to worship with us.

Sydenham Street—R. H. Bell, minister. Public worship and sermon, 11 a.m. and 7 p.m. Evening subject, "Revelation: Permanent Value of the Book." Class meeting, 9.45 p.m.; Sunday school, 2.45 p.m. Come and worship.

Gospel Hall, Orange Hall, Princess Street—Lord's Supper, 11 a.m.; Sunday school and Bible class, 3 p.m.; gospel service, 7 p.m. Mr. W. Heathwood, Scottish evangelist, will preach in the evening. Mr. Ernest Thomas, tenor soloist, will have charge of the singing.

Cook's church, Brock street—Rev. T. J. S. Ferguson, minister. 11 a.m., "The Nature and Purpose of the Christian Church." 3 p.m., Bible school. 7 p.m., "The Chance of Your Life." A warm welcome awaits the stranger and visitor.

Calvary Congregational Church—(The Friendly church), corner of Bagot and Charles streets. Rev. Frank Sanders, minister. Pastor at both services. 3 p.m., Sunday school. Young People's Society every Monday evening, 8 o'clock. A hearty welcome and helpful message.

St. James' church, corner Union and Barrie streets—T. W. Savary, rector, the rectory, 156 Barrie street. 11 a.m., holy communion and sermon, sermon subject: "Sight and Blindness." 3 p.m., Sunday school; 7 p.m., evening prayer and sermon. Preacher, the Ven. O. G. Dobbs, M.A., Archdeacon of Kingston.

Bethel Congregational Church, corner Barrie and Johnson streets—Rev. J. Alexander Miller, minister, 23 Clergy street W. 11 a.m., "Four-

-sided Love," a communion meditation. 7 p.m., "A Great Discovery." Sunday school, 3 p.m. Christian Endeavor Society, Monday, 8 p.m. Prayer service, Wednesday, 8 p.m.

Queen Street Methodist Church—Anniversary services, Special preacher, Rev. Alfred B. Lovell, B.A., D.D., of Toronto. Public worship, 11 a.m. Sermon, "The Great Past." Sunday school, 3 p.m. Public worship, 7 p.m. Sermon: "The Greater Present." Special music at both services. Everybody welcome. W. H. Raney, B.A., B.D., minister, 30 Colborne street.

Holiness Movement church, Division street and Baglan Road—Revival services. Tonight 8 o'clock. Sunday, 11 a.m., 2.30 p.m., 7 p.m. Every night next week except Monday, 8 p.m.; song service, 7.45 p.m. Preacher, Rev. M.C. Pritchard. In charge of singing, Miss C. Ralph. Evangel male quartette of Ottawa will be with us next week, the 7th and 8th. Everybody welcome.

Princess street Methodist church—Rev. John K. Curtis, B.A., minister. 11 a.m., subject, "What Every One is Talking About." 2.45 p.m., Bible school, and a very hearty welcome. 7 p.m., "Canada's Challenge to Her Womanhood To-day." A message to young women. Song service. Next week, special services every evening, before Anniversary Sunday, March 8th, with Rev. T. P. Perry of Gananoque, as special preacher.

St. George's Cathedral—Very Rev. G. Lothrop Starr, M.A., D.D., dean and rector; Rev. W. E. Kidd, M.A., M.C., curate. First Sunday in Lent, 11 a.m., holy communion; 11 a.m., holy communion. Preacher, the dean. 3 p.m., Sunday school; 4 p.m., holy baptism; 7 p.m., evensong. Preacher, Rev. W. E. Kidd. Cyril Rice, boy soloist of the Church of Transfiguration, New York, will assist the choir, singing a solo at evensong and after evensong, beginning at 8.30 p.m., will give a sacred recital at which a silver collection will be taken.

Christian Science, First Church of Christ, Scientist, 95 Johnson street—Service, 11 a.m. and 7 p.m. Subject, "Christ Jesus." Sunday School, 9.45 a.m. Wednesday, 8 p.m., testimonial meeting including testimonies of healing through Christian Science. Free public reading room where the Bible and all authorized Christian Science literature may be read, borrowed or purchased. Open every afternoon except Sundays and holidays, from 3 to 5 p.m. All are cordially invited to the services and to make use of the public reading room.

CHRIST BEFORE PILATE

By Wm. E. Gilroy, D.D., Editor-in-Chief of the Congregationalist. Jesus stood on trial before Pilate, but it was Pilate who was really being tried. He who posed as judge has stood condemned throughout the ages.

History has been full of such strange reversals of judgment. The despised prophet, stoned or disregarded in his own generation, has frequently been the chief occasion for the world to remember that generation.

Though the Christian movement had not gathered great external strength when Paul wrote the words, he was a true seer when he wrote of God choosing "the weak things of this world to confound the things that are mighty, and the things that are sought to bring to naught the things that are."

Pilate regarded Jesus with the not-unkindly contempt which the man of ambition, and power, and success, has for the impractical man, the dreamer and visionary.

There is no indication of venom, or of hatred, or even of prejudice or antagonism. If there is any prejudice it seems more against the accusers of Jesus whose fanaticism and rabid tolerance Pilate seemed to regard with scorn.

There is evidence in the narrative that Pilate, assuming at first toward Jesus an attitude of amused and careless contempt, ended by assuming a measure of respect and fear. He discovered that he had before him no vague and ordinary dreamer.

What is Truth? There was the calm dignity of a king in this Galilean carpenter, and when Pilate asked him, apparently teasingly, "Art thou a king then?" he was hardly prepared for the answer:

"Thou sayest that I am a king. To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth." The cynical retort, "What is truth?" was the reply of a man on the defensive, weak and doubtful in the presence of a man of calm assurance and conviction.

What we ought to realize is that Pilate was as much responsible for the death of Jesus as Judas, who betrayed Him, or the Jews who demanded His death, or the soldiers who actually crucified Him.

The sin of Pilate—the sin of a weak impartiality in relation to moral and spiritual issues, the sin of cynical self-satisfaction and a cold self-preservation, the sin of a worldly ambition which flouts all spiritual considerations, and questions of truth—is much more widely prevalent than the sin of Judas, but it is no less deadly in its consequences.

What is our verdict? Does He fare better before us than He fare before Pilate? Do we state that we "find no fault in him," but none the less send Him away as Pilate did?

Knew He Lied. Pilate took water and washed his hands before the multitude, saying "I am innocent of the blood of this just person."

But he knew that he lied. No ceremonial can cleanse the guilt of a man who has consented to wrong, by not doing what is in his power to prevent it.

It is easy to say that Pilate was a coward, but it is more important to discover the things that made him a coward.

What were they? Vanity, ambition, lust of pre-eminence and power, cynicism, and the failure to find any law of justice and right and service.

The Pilates have been many, but there is only one Jesus of Nazareth. They have been seemingly triumphant, but the world is strewn with the wreck of their rule and empire, while the King of Truth still goes forth conquering and to conquer.

A most unusual dinner frock is made of lace dyed a deep wire color, trimmed with ribbons of matching color.

Germ of Catarrh Make Sore Throat

Sore Crusts in Nose Quickly Healed in Breathing Catarrhazone

Relief comes at once when you breathe in the soothing vapor of CATARRHAZONE. Once its healing, pinocytosis strikes the bronchial tubes, you realize that a powerful treatment is at work. Irritation can't live in the throat of a person inhaling Catarrhazone. It is so soothing, so warming, so full of concentrated healing power that you get relief at once. Catarrhazone strengthens the weak throat, stops the cough, removes all necessity to clear the throat, makes even the chronic sufferer realize that at last he has discovered a real friend. For coughs, colds, catarrh and winter ills, nothing in the family could be better than the complete dollar outfit. Small size 50c. All dealers, or by mail from The Dr. Hamilton Pill Co., 311 Notre Dame West, Montreal.

Toronto is going to treat its late teachers somewhat in the way late pupils are treated. Kingston Board of Education has no occasion for following Toronto's example, as no teacher here is ever late.

With a drop in the municipal tax rate, Kingston auto drivers will be able to pay the gasoline tax, which the Ontario government is to levy,



Mother! Hurry! Give Constipated Child "California Fig Syrup" Even a fretful, feverish, bilious or constipated child loves the pleasant taste of "California Fig Syrup." This gentle, harmless laxative never fails to sweeten the stomach and open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. It doesn't cramp or overact. Contains no narcotics or soothing drugs. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

FAVORITE HYMNS AND THEIR WRITERS

From Greenland's Icy Mountains. Reginald Heber, the author of "From Greenland's Icy Mountains," was born in Cheshire, England, in 1783. He is justly regarded as one of the greatest of all hymn-writers, for while he only wrote fifty-seven hymns, they are all in use. It is questionable whether this can be said of any other hymn-writer. It is true that the names of Charles Wesley and Isaac Watts are seen over and over again in hymnals, but it must be remembered that a large number of hymns they composed have never been made use of. Charles Wesley alone composed over six thousand hymns.

Reginald Heber was born amid favorable circumstances, and he made the most of his privileges. At an early age he was sent to Oxford, and when only seventeen years of age he distinguished himself by composing a remarkable poem on Palestine, which won him a prize. His fellow students, and even the college professors, heaped upon him the most extravagant praise; but fortunately it did not spoil him. After his great success his parents found him kneeling in prayer. Thus did he keep humble throughout life.

He entered the ministry of the Church of England at a time when hymns were just beginning to be sung. There were still many people who did not care for their use, but the prejudice was dying. Then a great wave of missionary enthusiasm swept over England, and the attention of young Heber went out to the mission field.

On Saturday, May 29, 1819, he was visiting his father-in-law at Wrexham vicarage, when he was suddenly asked to write a missionary hymn for the service on the following day. Whether those who asked thought it possible that a hymn could be written to order, and at such a short notice, it is hard to say; but young Heber retired to another part of the room and, while the conversation was still going on, he composed the first three stanzas of the hymn which is now so well known.

When he showed them to his friends, they expressed their delight and said that the hymn as written was complete. He insisted, however, that there was a sense of incompleteness, and so the fourth verse, beginning "Watt, watt, ye winds His story," was written, and the four stanzas are sung everywhere.

Soon after the hymn had been composed a copy was sent to Miss Mary Howard, of Savannah, Ga., U.S.A. She admired the hymn greatly and wanted a tune for it. She sent the hymn to a young bank clerk in Savannah who had a faculty for composing suitable tunes, and in half an hour he sent it back with the delightfully suitable tune which is now sung the world over with the famous hymn. The young clerk was Lowell Mason, and he not only made himself famous, but greatly enhanced the popularity of the hymn, as he did the other hymns which he set to music.

Beside this hymn, Heber, who became a Bishop, wrote a number of others, almost as widely known. Among these are: "The Son of God Goes Forth to War"; "Holy, Holy, Holy, Lord God Almighty"; "Brightest and Best of the Sons of the Morning"; "By Cool Sion's Shady Hill." Like so many other hymn writers, Reginald Heber was a man of beautiful character. He died in India, where he was Bishop of Calcutta, on April 3, 1826, at the early age of 43.

THE TOWN WATCHMAN

It must be hard for some of the old folks to feel it their bounden duty to move from the old church home to a strange one and carry away the hassocks, hymn books and Bibles from their news. They will feel strange in other places of worship.

Apparently Frontenac wives are of the forgiving sort. One who was subjected to a beating and haled her good man to court forgave him before the time of hearing the charge. The culprit was not a Wolfe Islander, as they say that the island wives will not stand for any rough stuff from their men.

The Kiwanians appear to like lectures on dangerous things. That talk they had on explosives may enable them to blow themselves.

The Watchman notices that Kingston sent two of its "Toms" to Toronto on delegations. One went on the gasoline delegations, and the other was with the beer boys. But the government turned down both delegations.

Already sugar socials are being held in the country places. We are at the end of February, but March is yet to come. Friday's "blow" was quite Marchlike, but perhaps the worst is yet to be. In any case the old furnace has over two months to go yet before the lilacs will bloom.

They say that if Queen's theological college falls to the lot of the Presbyterians, the Ontario legislature may insist that the Confession of Faith be no longer discarded but brought forth and ground into all entering the Calvinistic ministry.

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A LONDON LETTER

London, Feb. 18.—Not many women in England to-day do "Spring Cleaning," that annual ritual of scrubbing and cleaning that 20 years ago used to drive every man to his club for a couple of weeks. But "Spring Cleaning" is still part of the domestic routine at Buckingham Palace, and as soon as Queen Mary got back to town from their country place this week, she started making plans.

Every year she goes through the entire stock of the Palace linen and plate and visits every room in the Palace to see what wants renovating. Then a long schedule is drawn up of what has to be done, and the "Spring Cleaning" starts. It is only fair to add, however, that the bulk of it is done when the Royal Family goes to Windsor Castle for Easter.

Probably the people who are most glad to see the Queen back in town for the season are the theatrical managers. She never misses a play worth seeing and her visit to their theatre means a great deal. When she was Duchess of York she was known by her family as "The Critic." And King George's choice of plays is still in the Queen's hands.

London Season. The London season may be said to have started with the wonderful banquet with which the retiring American Ambassador and Mrs. Kellogg entertained King George and Queen Mary at Crowe House on Friday night. The great dining room was a picture of flowers and shaded lights, and Queen Mary wore a gown of cloth of gold, sewn with diamonds and sapphires and she wore the lesser Stars of Africa in her corsage.

People are flocking back to town. On the day the king and queen returned the Duke and Duchess of Sutherland, who have been in Palm Beach, Florida, returned to their town house, and the Duke and Duchess of Devonshire, the Earl and Countess of Bradford and Viscount Grey of Falloden are amongst those who have also opened their town houses.

The opening of parliament has provided three dazzling political receptions and there was a flame of jewels at Lady Londonderry's and Lady Evelyn Guinness's formal receptions at 10 Grosvenor Street, on Tuesday night. Political receptions, by the way, are not the dull, official affairs they were in the Victorian era. There was dancing to the Savoy Harp Band after midnight and there were golden rivers of champagne.

The Kelloggs, by the way, are having the busiest weeks of a busy year. There have been receptions by the French Ambassador in their honor, by Lady Astor and the American Women's club, and the Premier's wife, Mrs. Baldwin, is taking Mrs. Kellogg to the great reception at Claridge's when Dame Ellen Terry is being honored.

Limps Are Fashionable. At the moment accidents are fashionable in London—that is, if they entail a limp. "Hurt my ankle ski-ing," they explain to you, and you sympathize accordingly. When the boat train arrived from the Continent the other night eight people were wearing carpet slippers. Not all the Limps are genuine, however, and if you ask their owners to a dinner party or a dance it is remarkable how quickly they disappear.

Another conceit at the moment is to have "G.B." on the back of your auto. That shows that you and your auto have been abroad—at least about one in three is the genuine label fixed by the French customs.

Hats of 15 Years Ago. The death-knell of the clothe and the small fitting hat is now being sounded on all sides. Broad-brimmed hats are appearing in all the smart restaurants, and coiffeurs are exercised to find a shingle to suit them. They are now "feeding" the shingles—making the hair thicker on the crown which makes the big hat secure. As for the trimmings, the milliners have not yet revealed their full intentions, but two big hats seen this week bore what looked remarkably like a bunch of vivid "radishes," set at a jaunty angle; but for the most part there are definite signs that the big ostrich feather is to be the most popular of all trimmings. It is also going to be worn underneath the brims of these big hats.

Egg Market Review. Ottawa, Feb. 27.—A peculiar situation developed in the egg market yesterday at Toronto. Local jobbing prices were reduced early in the day, and then prices advanced on the Chicago Produce Exchange. This has given rise to a feeling that the market has probably struck bottom for the present. A car of eggs shipped recently from Victoria to Winnipeg cost: Extras, 36c; first, 34c, f.o.b. Victoria.

Toronto—Specials Jobbing, 46c; on British market.

St. John, N.B.—Eggs plentiful. Prince Edward Island fresh extras, jobbing, 57c; local fresh firsts, 52c.

Chicago—Spot, 32c; February, 32c; March, shipping cases, 26 1/2c; April, 29 1/2c; December, 23 1/2c.

New York—Extra firsts, 83 1/2c; firsts, 32c.

Cheese higher and bacon steady



When a Really Good Cook wants to make a Really Good Cake—She Uses Baker's Chocolate (PREMIUM NO. 1) By all means the most satisfactory chocolate for cooking or drinking. MADE IN CANADA BY Walter Baker & Co. Limited ESTABLISHED 1700 Montreal, Canada Dorchester, Mass. GODELET OF CHOICE RECIPE SENT FREE

ATTENTION! High class Pictures and Frames now at Bargain Prices. Photo Studio Now Open. S. M. Gartland One Door Above Harrison's 227 PRINCESS STREET

WALL PAPER New Spring stock of Wall Paper just arrived. Choice range of patterns to pick from. See us for estimates on decorating your home. W. G. VEALE 214 BARRIE STREET

CADILLAC The Master of ELECTRIC CLEANERS New Ball Bearing Motor, exclusively a Cadillac feature. No oil or grease used. Why wait, when \$8.50 per month will buy one. J. R. C. Dobbs & Co. 44 Clarence Street. Phone 819.

Prince George Hotel TORONTO In Centre of Shopping and Business District 250 ROOMS 100 with Private Baths ELIZABETH PLAZA 8, WILNETT THOMPSON, MAN'G. BNS.

Extras, 44c; firsts, 41c; seconds, 38c. Montreal—Market unchanged in tone and price. Jobbing: Extras, 45c; firsts, 42c; seconds, 38c. Manitoba and Saskatchewan—Markets unchanged. Calgary—Receipts increasing slowly. Retail: Extras, 60c; firsts, 45 to 55c; seconds, 25 to 40c. Edmonton—Unchanged. British Columbia—Markets unchanged. St. John, N.B.—Eggs plentiful. Prince Edward Island fresh extras, jobbing, 57c; local fresh firsts, 52c. Chicago—Spot, 32c; February, 32c; March, shipping cases, 26 1/2c; April, 29 1/2c; December, 23 1/2c. New York—Extra firsts, 83 1/2c; firsts, 32c.

ELECTRIC SPECIALS Tungsten Lamps 5 for \$1.00 One First Class Vacuum Cleaner—regular \$65.00—Sale Price \$40.00 BURKE ELECTRIC CO 244 PRINCESS STREET (Near Sydenham Street) Phone 428.

BOTHERED WITH SCALP TROUBLE Itched All the Time, Caused Blisters, Cuticura Healed. "I was bothered with scalp trouble for a year. My scalp itched all the time causing me to scratch. This caused blisters, and my head was so sore that I could hardly comb my hair. My hair fell out in handfuls and I was nearly bald. I read an advertisement for Cuticura Soap and Ointment and purchased some. I was completely cured after using three boxes of Cuticura Soap and three boxes of Cuticura Ointment." (Signed) Miss Martha Holdridge, Mold, Wash., June 9, 1923.

Cuticura Soap to cleanse and purify. Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and sweeten are ideal for daily toilet purposes. Send for Free Book. Address: Cuticura, Dept. 100, P. O. Box 1124, Montreal, P. Q., Canada. Try our new Shaving Stick.

ROBERT'S SYRUP THE EXTRACT OF COD LIVER IN TASTE GET RID OF THAT COUGH BEFORE IT BECOMES SOMETHING WORSE. IT IS A SYRUP THAT HAS GAINED AN UNRIVALLED REPUTATION THROUGHOUT THE WORLD IN TREATING COUGHS, COLDS, BRONCHITIS, ETC. BREAKS UP COUGHS

A PARTNER OF SUNLIGHT Cod-liver oil has aptly been called the partner of sunlight. Both out of Nature's storehouse of energy are of supreme importance to a child with rickets.

Scott's Emulsion and sunlight have been used for decades to give strength to weak-bones. A little of Scott's Emulsion with each feeding does wonders for a malnourished child or adult. Keep your boy or girl out in the sunlight and give them Scott's Emulsion everyday—regularly!

FLOUR We have in stock all the best brands of Flour. Our First Patent for family use at \$5.25 A BAG Makes a beautiful loaf. W. F. McBroom 25 Brock St. Phone 1686

Mother!—Bobby's Hurt His Finger How many times the kitchen door opens and a scared little face announces a fresh catastrophe. Mother—reach for the bottle of Absorbine J.

Absorbine J Cuts, scrapes and bruises yield readily to its treatment. It destroys infection and banishes natural healing—while a actually healthy rubbery skin on a sprain or bruise will help the pain, reduce the swelling and greatly assist in restoring the injured part to a normal, healthy condition. A bottle of ABSORBINE JR. in your medicine cabinet will save no end of pain and suffering. Get a bottle of most druggists or sent postpaid by W. F. Young Inc. 115 Lyman Building Montreal. West Presbyterian congregation, Toronto, voted to enter union.