

## FOR WOMEN

Red Cross Will  
Canvass For Members

Provincial Meeting Addressed  
by Dr. Abbott, General  
Secretary.

In his address before the regular meeting of the N. B. Branch of the Provincial Red Cross yesterday at the Board of Trade rooms, Dr. Abbott, Toronto, the general secretary of the Canadian Red Cross Society, pointed out that the membership enrollment campaign which is to be held this spring throughout Canada, is more to interest people in the peace time policy of the Red Cross than to obtain the dollar subscriptions. The peace time policy is the mitigation of suffering and the spread of health education throughout the world. Canada is one among the thirty-nine nations who are engaged in this work.

The President, R. T. Hayes, was in the chair. Mrs. Ryan and Mrs. McManus, of Moncton, were in the audience.

R. T. Hayes introduced Dr. Abbott, cordially welcomed him, and speaking of out of town visitors.

## Secretary's Report.

Miss Ethel Harnon Jarvis, secretary, submitted her report as follows: Much work has been done at the Depot. The Bulletin was our greatest undertaking. Our Bulletin committee, Miss Stetson and Miss Rudbeck and Mrs. E. T. Sturdee assisted your secretary greatly.

Our branches are showing greatly renewed activity. In their reports Miss Frances Allison has sent materials to Chipman, Rexton, and Milltown for knitting and sewing articles badly needed to complete our stores. From Middle Sackville we have received a supply of woolen goods; friends in the city are supplying our needs. We have the pleasure of recording one new life member, Col. Murray MacLaren, C. M. G.

We had an emergency call which was gladly endorsed by City Hall. A family consisting of a delicate mother and five children found themselves homeless, without the barest necessities. Our packing convenor, Mrs. E. T. Sturdee, responded at once with the result that she shipped that day 70 articles of bedding and clothing.

A request for blankets was met from the Seamen's Institute. The blankets were returned in a few days in excellent condition. We also supplied beds and mattresses and blankets for the use of our nurses taking the course in Public Health at the Victorian Order.

Six boxes of socks were sent to the Seamen's Institute, also scarfs. Many articles were sent out in answer to the hospital orders. In order to fill one of these orders, we had busy making much needed hats.

BEWARE OF  
BRONCHITIS.

Bronchitis is generally caused by neglecting a cold, or exposure to wet and inclement weather. It begins with a tightness across the chest, difficulty in breathing, and a wheezing sound comes from the lungs. There is a rattling of phlegm, especially the first thing in the morning. This is at first white, but later becomes of a greenish or yellowish color and is occasionally streaked with blood.

On the first sign of bronchitis you should check it immediately by using Dr. Wood's Norway Pine Syrup; this pine tree is a yellow wrapper; these pine trees the trade mark, price 25c and 50c; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Mrs. Erice Culham, Sheffield, Ont., writes: "In December, 1919, I was very sick with bronchitis, and had to stay in the house all winter. One day I saw Dr. Wood's Norway Pine Syrup advertised, so I got a small bottle which helped me very much; I then got a 50c. size, and it completely relieved me. I cannot praise 'Dr. Wood's' enough for what it did. Two of my neighbors are now using it for colds."

Don't accept a substitute for Dr. Wood's Norway Pine Syrup; the genuine is put up in a yellow wrapper; these pine trees the trade mark, price 25c and 50c; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Stop Guessing  
Try Pyramid

If You Have Come to Such Misery as Headache or Protruding Piles Try Pyramid Pile Suppositories

Pyramid Pile Suppositories have been the household reliance for



more than two decades. You've no idea what blessed relief is until you use Pyramid. Get a box today at the drug store anywhere in the U. S. or Canada, but do not take any substitute. They are in the privacy of your own home and you can have a free trial by sending your name and address to Pyramid Pile Suppositories, 1111 Broadway, New York, N. Y.

Would Have  
Been Saved

also five weeks suffering and loss of wages if Mr. C. Oakley of Saskatoon, Sask., had not Zam-Buk when he first happened his cut leg. However, experience of Zam-Buk's amazing healing power has "opened his eyes." You won't find him without it to-day.

"While employed in a stone yard, I cut my leg very badly," writes Mr. Oakley. "A doctor sewed up the wound and attended me for five weeks. All the while I was of work. At the end of it I was advised to go to hospital."

"After I paid over \$40 to the doctor I determined to try Zam-Buk. Within two weeks Zam-Buk had healed the wound that I was able to return to work. Further treatment made the limb quite sound. Thus one dollar spent on Zam-Buk did what a forty-dollar treatment had failed to do. I shall never be without Zam-Buk again."

The herbal Zam-Buk is powerfully antiseptic. It's the best known and most reliable remedy for eczema, cold sores, ulcers, piles, abscesses, poisoned wounds, scalp disease, chilblains, cuts, burns, scalds and all injuries. 50c. box, all druggists. TRIAL SAMPLE from Zam-Buk Co., Toronto, 1c. stamp.

MORAL—

Never Be Without  
Zam-Buk

robos. With all these the Provincial was supplemented most generously by the St. John Local Branch where Miss Stetson and Mrs. McLeod are custodians of the stores.

Your secretary had the pleasure of accompanying the visitors to East St. John Hospital.

To Soldiers in hospital the Red Cross is still the greatest mother in the world. The work we gladly do for them is of course much more than compared with their sacrifice and their present courage. Of necessity there is a good deal of correspondence. Headquarters has sent us pamphlets on Child Welfare and Hygiene.

Letters have been received from the D.S.C.R. concerning N. B. soldiers, and communications opened up on their behalf with the Canadian Patriotic Office. Letters have also been written at the request of service men re pensions, certificates, etc.

Dr. George, from head office, has sent a request for 30 Bulletins each month. Newsletters for 24 and so on. We have also received a subscription from Dr. Pinault, of Campbellton, towards our work.

To Mrs. Lawrence, port work secretary, have been handed over several cases of travellers needing various kinds of assistance.

The Nurses' course is now in full swing at the Victorian Order, and our president forms an important member of their board.

A very generous gift of money was handed to your secretary by the Depot towards the good work of the Red Cross. The donor wished to remain anonymous.

Very many needy service men find their way into the Depot looking for help. These are consigned by your secretary to their various churches, to the Associated Charities, to the Canadian Patriotic Fund, to the D.S.C.R. or to the Navy League.

A box of Spangnum Moss dressings was supplied a private family who had very serious illness in their midst. The recipients were led in their prayers of the wonderful absorbent virtue of the moss.

C. B. Allan, treasurer, reported as follows: Receipts \$21,563.55, including \$7,704.41 British Empire War Relief Fund, \$372.72 returned from N. B. Hat; \$350 from headquarters for advertising. Balance unaccounted to \$12,090.15. Deducting \$10,000 for the Victorian Order Training school for one year, and \$1,500 for outstanding bills, left \$1,000 on hand.

Letters were received from Dr. W. S. Carter stating that any Red Cross work in schools must be done out of school hours.

Headquarters wrote concerning constitution and the legal use of Red Cross symbol.

Mrs. Magee, of Petterodiac, wrote regretting inability to be present at the meeting. Miss Margaret Brown, of Halifax, wrote proposing Dr. A. Craig, N. S. Red Cross commissioner, as representing the Maritime Provinces for Junior Red Cross. P. E. I. wrote agreeing to anyone proposed by the N. B. A letter from Mayor E. A. Schofield stated reason for not opening Soldiers' workshop at present.

## Port Work.

Mrs. John A. McAvity in the Port Work report stated: Steamers met 75; passengers, 14,205—adults 1,771, children 187; reports 157 babies were cared for, necessary articles supplied, milk and biscuits given; 97 required special care; 77 cases of minor illness—18 babies cared for—all day. Majority of persons foreign born. British born, appreciative. Italians most grateful. Red Cross box well contributed to stationary provided. A card is sent to place where persons needing care are going. Returned soldiers are put in communication with D.S.C.R. Tribute was paid to Mrs. Lawrence, Mrs. A. M. Rowan, the nurse, Miss Gregory and the V. A. D's.

Mrs. Kuhring for the progress and activities committee, thanked Miss Jarvis for work on the Bulletin. Miss Frances Stetson was added to the committee. The first issue cost \$27.24. Mrs. Cecil McManus has volunteered

## REFLECTIONS OF A BACHELOR GIRL.

By HELEN ROWLAND

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A woman idealizes the hero, whom she can adore—but, alas, her heart always turns to the wedding, whom she must wed.

Matrimony is the steam-roller, which tones a woman down smooths off all the sharp points of her wit and the rough edges of her temper, opens her eyes, and from all the wrinkles out of disposition. Yet, men still continue to wonder why widows are so much more fascinating than sappers and demigantes.

Marriage MAY be a "whole-time job," but a little total abstinence from domesticity surely does make the heart grow fonder, and the head grow steadier, and freshen up the wilting sentiments.

No matter how good a mathematician she may be, a natural-minded woman will never admit that six years added to thirty-five will make her over thirty-seven, or that twenty pounds added to her weight can make her twenty pounds fatter.

Prohibition appears to have done more to make a husband hurry home for dinner evenings, than the subway, the automobile, or the airplane. The only difference, the three last-named ever made was the difference in the "alibi."

When he has a headache or a heartache, a man thinks there is something serious the matter with him; when she hasn't one or the other, a woman KNOWS there is something serious the matter with her.

Most love-matches MUST be made in heaven; the fire never goes out in the other place.

Probably the reason why Solomon shines out so brilliantly, through history, as the "perfect husband" is because, he has so little competition for that honor.

The only way to live comfortably in New York, nowadays, is to have a lot of money—enough, at least, to spend your winters in Florida, the spring in Paris, your summers in Maine, and the autumn in the Adirondacks.

CENTENARY YOUNG  
PEOPLE AS HOSTS

Centenary Young People's Society entertained the Young People's Society of Exmouth street church last evening at Centenary. An excellent programme was provided by members of Exmouth street, the ladies of Centenary serving delicious refreshments. Fred Myles, president of Exmouth street, presided, and the following programme was given: Piano duet, Miss Coster, Mr. Lanyon; vocal solo, Miss

Dr. Craig, of Nova Scotia, was appointed as Junior Red Cross representative. F. A. Dykeman will accompany Dr. Abbott to Halifax. C. B. Allan will go to the Central Council. Mrs. Allan was appointed as Mrs. George F. Smith's proxy.

Dr. Abbott, in referring to Soldiers' Settlement work said that the Red 2 RED CROSS—Lead to Km. . . . Cross has spent \$40,000 in Alberta for work among soldiers' wives. He told of the Junior Red Cross work in Saskatchewan where one hundred children have been sent to hospital by the Juniors in Ontario. The board has realized the value of Red Cross education and is having a half hour each week devoted to its work.

He told in detail of the peace policy, its health educational programme taken up by thirty-one nations; of public health nurses, medical inspection of schools. The work can never be spectacular, but is missionary—teaching people to live simply and properly. War work is still being well carried on in all branches.

In talking of the membership appeal, Dr. Abbott said it was really more for interest and influence than for money. He gave advice and explained difficulties of organization. The West expects to get half a million members.

From May 15th to 31st Loyalist week was recommended as Membership Enrollment week by the meeting.

DELICATE GIRLS  
NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palping of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious; but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get them pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## IMPERIAL

FINAL EXHIBITIONS TODAY—2, 3.30, 7 and 8.45  
—Special Price Scale Today—

GEORGE'S  
CARPENTER  
in The Wonder Man

Topics of the Day Concert Orchestra

WED. SKATING RACES AT MO'TREAL  
First of Series In Which Our Boys Competed.  
OLIVE THOMAS in "Ev'rybody's Sweetheart"

OPERA  
HOUSE  
VAUDEVILLE

Evening 7.30 and 9  
Miniature Musical Comedy  
RECKLESS EVE  
—and—  
SERIAL PHOTO DRAMA

High Recognition  
For V.A.D. Workers

Mrs. Kuhring, District Superintendent of the V. A. D. Brigade, has received word that the following members' names have been accepted by headquarters and forwarded to England for approval:—To be Lady Divisional Supt., Mrs. A. W. Rowan, to be Divisional Secretary, Miss Dorothy Jones; to be Divisional Inspector of Stores, Miss Alice MacLean. Mrs. Rowan and these V. A. D. members have done splendid work in the brigade and will be warmly congratulated upon the recognition of their services.

Minale Myles; vocal solo, Miss Mildred Rustin.

Several guessing contests were held and an evening of sociability enjoyed. Mrs. Grant Smith was convener of the refreshment committee.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years

Always bears the Signature of *Chas. H. Watson*

STOP CATARRH! OPEN  
NOSTRILS AND HEAD

Says Cream Applied in Nostrils  
Relieves Head-Colds at Once.

If your nostrils are clogged and your head is stuffed and you can't breathe freely because of a cold or catarrh, just get a small bottle of Ely's Cream Balm at any drug store. Apply a little of this fragrant, antiseptic cream into your nostrils and let it penetrate through every air passage of your head, soothing and healing the inflamed, swollen mucous membrane and you get instant relief.

Ah! how good it feels. Your nostrils are open, your head is clear, no more hacking, sniffling, blowing; no more headache, dryness or struggling for breath. Ely's Cream Balm is just what sufferers from head colds and catarrh need. It's a delight.

Sterling  
Values In  
Uncalled-For  
Suits & O'coats

OUR entire stock of Uncalled-For Suits and Overcoats from our 38 Branch Stores is included at one low money-saving "Friend-Making" Price. Never before have you had an opportunity to buy clothes of such high-quality at such a low price. Candidly, conditions are favoring you during this big sale. You should take advantage of these extraordinary conditions—profit by our losses—as the price at which we are offering these Suits and Overcoats does not cover the actual cost of material alone. Real economy—come and see.

Any  
Uncalled-For  
Suit or O'Coat

Your Choice  
\$14  
One Price ONLY

All Blue Serge Suits  
Values Up to \$45 Included

ODD PANTS  
Your Choice \$3.95

These Prices are Less than the Cost of Material alone

English & Scotch  
Woollen Co.

26-28 Charlotte Street, St. John, N. B.

Out-of-Town Men (You will save many dollars by attending Our Uncalled-For Suits and Overcoat Sale)

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This week sees never again during vote ballots be given most of the extra v

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Any subscrip offer, will count to completely this wee \$20 club.

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