

Little Beauty Chats

By BLANCHE BEACON

Lemon Juice Beautifiers

There is not the slightest doubt that lemon juice plays a very important part in the preservation of woman's beauty, yet, sad to say, it is seldom seen on dainty toilet tables.

Perhaps, however, you, being a girl of good complexion, will no longer disdain it, once you realize the great assistance it can give you in your fight for beauty.



As a result of this novel treatment your grey locks will become as bright and glossy as you could desire.

ANNUAL MEETINGS OF THE CHURCH OF ENGLAND CONGREGATIONS

The Eastern meetings of the different Anglican churches took place last evening in St. Mary's, the church members met and it was decided to adjourn until the first Monday in April.

The financial statements were particularly favorable and indicated that a greater interest than ever is being taken in the work of the churches.

The reports of the different churches are as follows: TRINITY CHURCH. The meeting in Trinity church was well attended and the reports were received with satisfaction.

ST. JUD'S CHURCH. St. Jude's church has shown growth during the year and the amount of money raised has been the largest in the history of the parish.

ST. PAUL'S (VALLEY) CHURCH. The result of the elections at St. Paul's church were as follows: Delegates to the synod, J. R. Campbell, John K. Schofield, Dr. J. M. Magee, J. E. Cullip, substitutes, F. B. Schofield, A. C. Skelton, A. F. Foster and James Jack; church wardens, J. B. Cullip and George W. Ketchum; vestrymen, John K. Schofield, Frank P. Starr, T. B. Robinson, James Jack, A. C. Skelton, W. H. Thorne, Chief Justice Barker, Dr. J. M. Magee, Dr. T. D. Walker, F. B. Schofield, A. L. Foster and J. Royal Campbell.

ST. JAMES CHURCH. In St. James' church the meeting was well attended, and the various reports showed that the work of the church was progressing very favorably and the financial condition was better than it has been for many years.

MISSION CHURCH OF ST. JOHN THE BAPTIST. At the Mission church there was no election for vestrymen and wardens, as the governing body is composed of seven trustees, permanently appointed, and a finance committee of seven members, elected annually.

ST. JOHN'S (STONE) CHURCH. At the meeting in St. John's church the reports showed that the church was in a very satisfactory condition. It is the intention to have a new organ installed during the summer.

ST. GEORGE'S CHURCH. The financial report of St. George's church showed that there was a balance on hand of \$560 and that the year had been a most successful one.

HELPLESS CRIPPLE FROM RHEUMATISM

Toronto Lady Took "Fruit-atives" And Cured Herself

4 Home Place, Toronto, Dec. 15th, 1909. "I was a helpless cripple from Rheumatism for nearly a year. All down the right side, the pain was dreadful and I could not move for the agony. I was treated by two physicians without benefit. I saw "Fruit-atives" advertised and decided to try them. After taking one box, I was much better.

When I had taken three boxes I could use my arm and the pain was almost gone. After taking five boxes, I was entirely well again. The cure of my case by "Fruit-atives" was indeed splendid because all the doctors failed to even relieve me. "Fruit-atives" cured me!"

Mrs. LIZZIE BAXTER. See a box for \$2.50-trial size, 50c. At dealers or from Fruit-atives Limited, Ottawa.

George D. Martin, W. E. Craft, Clarence Harrison; laymen's missionary committee, J. Fred Emery, R. Cochrane, Arthur Jones, Charles Green, Alexander Mays, W. McLeod Day; laymen delegates to the synod, J. K. Scammell, W. A. Stepper, substitute, W. A. Smith, G. C. Jordan.

CHATHAM. Chatham, N. B., March 24—(Special)—The annual meeting of the vestry of St. Paul's and St. Mary's churches took place this morning in the school room of St. Mary's church with Ven. Archbishop Forth in the chair. Owing to the fact that Easter Monday came this year before the close of the church year, March 31, it was not possible to have a complete statement of the year's receipts and expenditures.

DORCHESTER. Dorchester, N. B., March 24—(Special)—The annual meeting of the wardens and vestrymen of Trinity church here was held in the Sunday school house this afternoon when the officers for the ensuing year were elected. A. B. Epps and C. S. Hickman were re-appointed as wardens and Geo. R. Payant as vestry clerk.

WOODSTOCK. Woodstock, N. B., March 24—(Special)—At the Easter Monday meeting of the parishioners of Christ church the following officers were elected: Church wardens—F. B. Bull, J. T. A. Dibble.

AT ROTHEWAY. The annual meeting of the congregation of the Church of England at Rotheway was well attended. The trustees reported showed a balance of more than \$300. The reports of the women's societies showed an active and prosperous year.

Daily Hints For the Cook

SALAD DRESSING.

Cream Dressing—One teaspoon of mustard, 1 teaspoon of salt, 2 teaspoons of flour, 1 1/2 teaspoons of powdered sugar, few grains of cayenne, 1 teaspoon melted butter, yolk of 1 egg, 1 1/2 cup hot vinegar, 1/2 cup of thick cream. Mix dry ingredients, add butter, egg and vinegar slowly. Cook over boiling water, stirring constantly, until mixture thickens. Cool and add to heavy cream, beaten until stiff. This makes a small quantity, but is delicious.

POTATO SPIKES.

Cut pared potatoes into spikes, put into cold water and let stand one hour. Dry, fry in deep fat and sprinkle with salt and pepper.

RUSSIAN APPLES.

Pare large, sour apples and core them; fill cores with mince meat made the same as for pies (with the apple left out); bake in slow oven.

ESCALOPPED FISH.

Make a sauce of 2 tablespoons butter and 2 of flour mixed, add 1 pint of milk and cook till thick, add any kind of boiled fish broken in bits; spread in pan, cover with bread-crumbs and bake.

HOMINY GRIDDLE CAKE.

One pint of warm boiled hominy. Add pint of milk (or water), 1 pint of flour. Beat two or three eggs and stir into batter with a little salt. Fry as other griddle cakes.

SHIPPING.

Table with shipping information for St. John, including arrival and departure times for various lines like R.M.S.S. Virginian, Star Line, etc.

A SIMPLE REST GOWN



This is of pale blue cashmere lined with silk. For De France, Martinique, experienced an earthquake shock on Saturday, but very little damage has been reported.

ROYAL BAKING POWDER

Delicious Hot Biscuit

The most appetizing, healthful and nutritious of foods.

Hot biscuit made with impure and adulterated baking powder are neither appetizing nor wholesome. It all depends upon the baking powder.

Take every care to have your biscuit made with Royal Baking Powder, the only baking powder made from Royal Grape Cream of Tartar, which is chemically pure, if you would avoid indigestion.

The very best receipts for hot biscuits and griddle cakes will be found in the

ROYAL COOK BOOK—500 RECEIPTS—FREE

Send Address

ROYAL BAKING POWDER CO., NEW YORK.

FOREIGN PORTS.

New Haven, March 24—Arr, schr Ce terminal, Chalmers.

Vineyard Haven, March 24—Arr, schr Perfection, New York.

Calis, Mo., March 24—Arr, schr Clifford I White, South Amboy; Seth Smith, do.

Sid—Schr Thomas W H White, New York.

BRITISH PORTS.

Glasgow, March 24—Arr, stmr Casandra, St. John.

Southampton, March 24—Arr, stmr Philadelphia, New York; America, do.

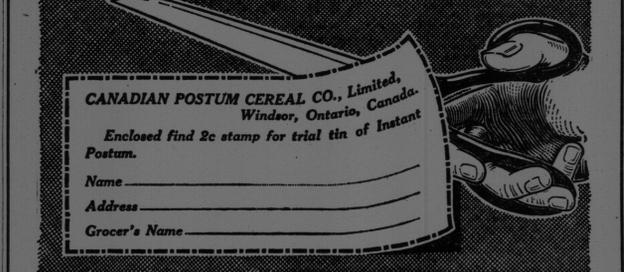
Portland, March 24—Sd, stmr Acanis, Scotland for London.

Sailed Yesterday.

Stmr Glenasm Head, Macaulay, Belfast.

The First Step Away From Tea and Coffee Troubles

Fill in this Coupon and Mail it



When the burden of trouble from tea and coffee drinking becomes too great and irritable heart, disordered digestion and "russed-up" nerves are Nature's warning to halt, the natural, easy way back to health and comfort is to stop tea and coffee and use

INSTANT POSTUM

This pure food-drink has a distinctive rich flavour, but is free from the drug, caffeine—the tea and coffee drinker's cause of trouble.

Postum is made of Northern wheat and the juice of Southern sugar-cane.

Instant Postum requires no boiling

A spoonful in a cup of hot water, with sugar and cream to taste, and you have 'quick as a wink' a delicious drink.

"There's a Reason" for POSTUM Sold by Grocers Everywhere.

IF HER HAIR IS BEAUTIFUL IT IS PRETTY CERTAIN SHE USES HERPICIDE

Herpicide is just the sort of a preparation that always appeals to a lady of refinement and cultured tastes. There is nothing that can take its place. There is nothing just like it, nearly like it or "just as good."

Newbro's Herpicide is just the sort of a preparation that always appeals to a lady of refinement and cultured tastes. There is nothing that can take its place. There is nothing just like it, nearly like it or "just as good."

Herpicide is free from grease, does not stain or dye and possesses an exceedingly delicate and pleasing odor.

BACKACHE NOT A DISEASE!

But a Symptom, a Danger Signal Which Every Woman Should Heed.

Backache is a symptom of organ weakness or derangement. If you have backache don't neglect it. To get permanent relief you must reach the root of the trouble. Read about Mrs. Woodall's experience.

Morton's Gap, Kentucky.—"I suffer two years with female disorders, my health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's worth without my back nearly killing me and I would have such dragging sensations I could hardly bear it. I had soreness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and an enjoyable good health, is now more than two years and I have not had an ache or pain since. I do my own work, washing and everything, and never have backache any more. Thank your medicine is grand and I pray it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLLIE WOODALL, Morton's Gap, Kentucky.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

Lowney's shows you how Cocoa ought to taste.

