THE EVENING TIMES AND STAR, ST. JOHN, N. THURSDAY, NOVEMBER 20, 1919

IN FOUR YEARS RAISED \$35,612

Noble Work is Ended and



EAT LESS MEAT F BACK HURTS Handcuffed to Cell Doors, Toes Barely Touching —

FOR SOLDIERS

Take a glass of Salts to flush Kidneys if Bladder bothers you—Drink lots of water.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the decrease of the Women's Reformatory at Bedford have been subjected to "the cold water cure" and sometimes have been

General Wool Memberships Pins Lone Soldiers Easter Appeal Tobacco Sock Appeal	5,814.91 159.00 233.95 951.80 11,961.61 939,75
Total	
Expend	litures.
General	. 21,005.30

Women Given "The Cold Water Cure" RUSTLE OF PAPER

Bedford Reformatory Head Punished.

URGES FARMERS
TO CONCENTRATE
ON DOMINION

Brandon, Man., Nov. 19—Hon, T.
A. Crerar made a plea before the grain growers here yesterday that the farmers concentrate on Dominion politics for one year at least, as it is there that the things that concern them most lie, such as questions of revenue, immigration, conditions of development and transportation.

Natives of This Province.

Rev. A. C. Calder, LL. B., of St. James' Church, Wallaceburg, will be the new rector of Holy Trinity church, Chatham, Ont. Mr. Calder is a native of New Brunswick. He was educated at the New Brunswick Provincial Normal School, the University of Dalhousie, Halifax, and the University of Bishop's College, Lennoxville, Que. He practised law in Woodstock for a short time.

While excessive thinness might be attributed to various and subtle causes in different individuals, it is a well-known fact that the lack of phosous in the human system is very largely responsible for this condition.

It seems to be well established that this deficiency in phosphorous may now be met by the use of Bitro-Phosphate, which can be obtained from any good druggist in convenient tablet form.

In many instances the asimiliation of this phosphate by the nerve tissue soon produces a welcome change—nerve tension disappears, vigor, and strength replace weakness and lack of energy and the whole body loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing.

CAUTION:—White Bitro-Phosphate is unsurpassed for the relief or nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

TO GET PEOPLE UNNERVED HER

For Restoring Her Health in a Short Time.



PYRAMID DRUG COMPANY, 530 Pyramid Bilds., Marshall, Mich. Kindly send me a Free sample of Pyramid Pile Treatment, in plain wrapper. NUXATED IRON MASTER STRENGTH

HEAD NEUACHES ACHES
ASK FOR AK TABLETS

BLOOD BUILDER Don't Accept Substitutes

BACK TO LAND Says Only 15 Were So Mrs. Holmes Praises Tanlac British Plans Are Along Organized Lines-Affects Un-

rest Question.

The following provincial resignations have been received:
George Stonge, as labor act commissioner, for Parish of Addington, Restigouche county; James H. Halifax, as stipendiary and police magistrate for Minto police district; Miss Alice Michaud, as French assistant supervisor of Women's Institutes:
A. D. Farrah, R. M. Faudel and Rosalie Farrah, members of the firm of R. M. Faudel & Co., carrying on a business of general merchants at Newcastle, dissolved partnership by mutual consent on November 14. All debts or liabilities of the partnership will be paid to R. M. Faudel, who will carry on the business under the name of R. M. Faudel & Sons.

The following appointments have been Made:
M. Muriel Corkery, Harold Vincent,
Ralph Stanley Stephenson, Charles J.
Melliday, all of St. John, and John Babbitt McNair of Fredericton, to be notar-

bitt McNair of Fredericton, to be notal
ies public.

Henry Russell Sturdee and Peter L.
Veniot, both of St. John, to be commissioners for taking affidavits to be read
in the supreme court.

Kings—William Carry McFeters, Sussex, and Waren Purtle, Upper Goshen,
to be justices of the peace.
St. John—Alphonse C. Smith, E. S.
Ritchie, H. A. Mence, Llyod Anthony
(Mispec) and Frederick Green to be justices of the peace.

Henry Wilson Dalton to be a commisisoner for taking affidavits to be read
in the supreme court.





You can take your boy and out of him make anything you like if you can get him under good self-discipline. All roads are open to the man who is strong and fit. Uncle Sam took "our boys"—those slabsided, stooped, hollow-chested youths—and made of them vigorous, well-developed, well set-up and courageous men. Take the right way! Train yourself and your children to take proper exercise, drink plenty of water and keep the system clean. Your doctor will tell you that anything from a common cold or headache to the most serious illness may result from the absorption of poisons in the intestines.

intestines.

The first principle is to keep the system clean. Occasionally see that the boy or girl, as well as yourself, has an internal bath. It may be with castor oil or a tiny pill of May-apple, aloin and jalap, which is sold by druggists as Dr. Pierce's Pleasant Pellets.

If a cold starts with a cough and it persists, then some local treatment for this condition should be taken. A well-known alterative extract which has been on the market for a great many years, and which has been highly recommended by thousands of users, is Dr. Pierce's Golden Medical Discovery. This tonic compound is composed of an extract of roots and herbs, without alcohol, and has a soothing effect upon the mucous membrane, allays the irritation and at the same time works in the proper and reasonable way, at the seat of the trouble—the stagnated or poisoned blood.