

# End Your Rheumatism

Like I Did Mine—Says Pastor Reed; Wife Also Rid of Neuritis

Defeated Tortures For Years—Now Telling Good News To Others.



"Don't Believe That Old Rumor About 'Uric Acid' Being the Cause of Rheumatism—'My Not So'!"

Emphatically asserting that thousands of unfortunate sufferers have been led into taking wrong treatments under the old and false belief that "Uric Acid" causes rheumatism, Pastor H. W. Reed says:

"As do some of our highest medical authorities, I now know that 'Uric Acid' never did and never will cause rheumatism! But it took me many years to find out this truth. I learned how to get rid of my rheumatism and recover my health and strength, through reading 'The Inner Mysteries of Rheumatism,' a work written by an authority who has scientifically studied the cause and treatment of rheumatism for over twenty years. It was indeed a veritable revelation!

"I have suffered agony for years from rheumatism and associated disorders, and Mrs. Reed was tortured with the disease neuritis almost beyond endurance. We had read and talked so much about 'Uric Acid' that our minds seemed poisoned. But the 'Inner Mysteries of Rheumatism' made it all clear to us and now we are both free from the suffering and misery we endured so many years. I believe I was the hardest man in the world to convert! For me to discard the old 'Uric Acid' theory, and what I now know to be absolutely false, for the new, scientific understanding of the causes and cure of rheumatism, was like asking me to change my religious beliefs! But I did change, and it was a fortunate day for me and mine when I did so."

**NOTE:** "The Inner Mysteries of Rheumatism" referred to above by Pastor Reed lays bare facts about rheumatism and its associated disorders overlooked by doctors and scientists for centuries past. It is a work that should be in the hands of every man or woman who has the slightest symptoms of rheumatism, neuritis, lumbago or gout. Anyone who sends name and address to H. F. Clearwater, 325-3 Street, Hawthell, Maine, will receive it by mail, postage paid and absolutely free. Send now, fast you forget the address! If not a sufferer, cut out this explanation and hand it to some afflicted friend.

## SUNDAY SCHOOL LESSON

Lesson XIII. March 28, 1920.  
The Life Work of Peter and John.  
Rev. 21:1-22:5.

**SUMMARY.**—Lesson I. Topic: The permanent meaning of Pentecost. Place: Jerusalem. As Jesus had commanded the apostles, they with others of his followers waited and prayed in Jerusalem for the coming of the Holy Spirit. On the day of Pentecost he came, and through the preaching of Peter there were three thousand converted in one day. Jews were there from all lands whither they had been scattered, to receive the gospel message.

**II.** Topic: Helping men to help themselves. Place: Jerusalem. While Peter and John were laboring in Jerusalem, they went one day to the temple at the hour of prayer. A lame man asked for money. They had none, but Peter bade him in the name of Jesus to rise and walk, and he was healed immediately. This miracle caused such a stir among the people that they came together and Peter had an opportunity of preaching Jesus to them.

**III.** Topic: The need and source of Christian courage. Place: Jerusalem. Because of the healing of the lame man and Peter's preaching, Peter and John were placed under arrest. When they were brought before the council in answer for what they had done, Peter preached Jesus and his resurrection to them.

**IV.** Topic: Modern forms of hypocrisy. Place: Jerusalem. In connection with the prolonged revival in Jerusalem there was liberally shown on the part of the Christians. Ananias and Sapphira his wife were professed converts. They sold some property and brought a part of the proceeds for distribution, pretending that it was the full price. For this deception Ananias was slain by the Lord, and a little later his wife was similarly punished.

**V.** Topic: Commercializing religion. Place: Samaria; on the road from Jerusalem to Gaza. They evangelized

**MURINE'S** Eyes, Redness, Swelling, Itch, Tear, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Crustaceous. Safe for Infant or Adult. In Canada, Write For Free Book, Toronto, Ontario, U. S. & C.

Philip preached in Samaria and many believed the gospel and were converted. Peter and John were sent there to assist in the work. A man named Simon desired to buy the power of imparting the Holy Spirit to any one whom he might lay his hands. Peter rebuked him severely.

**VI.** Topic: The secret of spiritual power. Place: Lydda; Joppa. During Peter's ministry in various places he came to Lydda and found there a man named Aeneas who had been sick with the palsy for eight years. He said to him, "Aeneas, Jesus Christ maketh thee well," and he was healed at once. Peter was called to Joppa from there because of the death of Dorcas. Through his prayer and faith she was raised to life.

**VII.** Topic: Significance of the conversion of Cornelius. Place: Caesarea; Joppa. Cornelius, a Roman military officer at Caesarea, was a pious man. He had a vision in which he was directed to send to Joppa for Peter. Peter at Joppa had a vision to teach him that Gentiles could be saved. As a result Peter went to Caesarea, preached the gospel and the Gentile Cornelius was converted.

**VIII.** Topic: Things wrought by prayer. Place: Jerusalem. Because of his preaching Jesus, Peter was imprisoned and Herod expected to put him to death as he had James, to please the Jews. The Christians prayed for Peter and the Lord sent an angel to release him.

**IX.** Topic: Ideals for Christian living. Place: The First Epistle of Peter was written at Babylon. Peter shows the necessity of being free from malice, hypocrites and all other evil dispositions and of feeding upon the word of God to become spiritually strong.

**X.** Topic: Christian love regenerating society. Place: The First Epistle of John was probably written at Ephesus. The apostle exhorts all to whom he sends his message to love one another. God's love. No one that loves God can hate his brother. When God's love is perfected in us, fear is cast out.

**XI.** Topic: The glorified Christ the centre of the Revelation. Place: Patmos. The apostle John was banished to the Isle of Patmos for Jesus' sake. He there received a vision of the glorified Christ and many other visions. He was told to write in a book what he saw. He saw Jesus marvelously glorious.

**XII.** Topic: The permanent message of the Book of Revelation. Place: Patmos. John had a vision of heaven. He saw an innumerable company of those who were redeemed from earth arrayed in white robes and worshipping God. The angels also worshipped him. The redeemed ones had come out of great tribulations and had washed their robes in the blood of the Lamb.

### PRACTICAL SURVEY.

Topic.—The contribution of Peter and John to Christian history.

I. Peter.  
II. John.  
III. Reflections.

I. Peter. His original name was Simon, by which Jesus always addressed him. The later name is the Greek for Cephas, and was given by Christ when he was received into discipleship. After meeting Jesus he resumed his earlier occupation until there came the final call of the Master, which made him an apostle and inseparable companion. His home at Capernaum appears to have been a kind of rendezvous for the disciples, and was the scene of one of Christ's earlier miracles of healing. He was one of the chosen witnesses of Christ's miracles and of his glorious and tragic experiences. Peter was warm-hearted, impulsive and energetic. He naturally became the leader and spokesman of the company of disciples. He was spiritually receptive. From him came the immortal declaration of faith, which Jesus said was received by revelation. He was first and loudest in his protestations of utmost loyalty, was the only one who attempted his defence and denied him before daybreak. There was no break in the Master's confidence. His look turned the flood of repentance on his soul. To him first of the apostles the risen Christ appeared. Undismayed by threatenings and persecutions, he prosecuted by apostolic calling with the greatest energy. He experienced miraculous deliverances. His missionary work was extensive and effective. His central theme was the death of Jesus and his resurrection as attesting his Messiahship.

**II.** John. Among the disciples John occupies a prominence equal to that of Paul and Peter. In his temperament he was in striking contrast to both. As a disciple of the Baptist he seemed to apprehend his spirit and teaching more clearly than any other of his followers. His relations with Christ were the most intimate and spiritual of all the apostles. His temperament was retiring, thoughtful and receptive. In the early period of apostolic activity he was in company with Peter, who was the spokesman. The writings of John are of great value and divide themselves into two classes: his Gospel and Epistles, and the Apocalypse. All centre themselves in the deity of Christ. He opens both his Gospel and Epistles with a

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## IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oskaloosa, Iowa.—"For years I was simply in misery from a weakness and



awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."

—Mrs. LIZZIE COURTNEY, 408 8th Ave., West, Oskaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

statement of the divine antecedents of Christ, and makes especially prominent his relations with the Father.

**III.** Reflections. It is difficult to compare what are equal, though varying, excellent. Diversity is the basis of harmony. Christ is the controlling centre of Christian concord. Diverse as were the apostles whose history and writings we have studied, they were one in love and loyalty to the Son of God. Each contributed effectually his part to the progress of Christianity. Peter's evangelism is more fully recorded, and, as might be anticipated, John's contributions to Christian literature exceeded those of Peter. Each wrought in his sphere under divine protection and empowerment. Both were invaluable. Peter could not have received the Revelation, nor John accomplished Peter's evangelism. A purified stream flows through the same channel as the former turbid tide. All have a part; each has a place. W. H. C.

## PRUNE DESSERTS

Our grandfathers brought their prunes from France and other European countries, but they are now produced in such large quantity and of such fine quality in the Pacific coast States that there is a sufficient home supply and prunes for export. Like raisins, they are considered among the most desirable of all the dried fruits in common use. Some good recipes follow:

### NEW ENGLAND PRUNE PUDDING.

Stew one pound of prunes until soft, sweetening them to taste, and folding a few slices of orange. Arrange squares of toasted white bread that have been buttered and sprinkled with all-spice, in the bottom and around the sides of a baking dish; then pour in the prunes boiling hot, cover the dish so that the steam may not escape, and let it cool gradually. When ready to serve, cover the top with boiled frosting garnished with squares of apple jelly.

### PRUNE AND RICE MERINGUE.

Prepare a rice croquette mixture, by cooking a cup of rice in salted water and adding to it, while warm, a tablespoon of butter, one of well-beaten egg, a tablespoon of vanilla and two tablespoons of sugar. Spread this on the bottom of a platter, and cover it with a layer of stewed prunes; continue alternating the layers, and making each succeeding one slightly smaller, until the rice is all used. Sprinkle lightly with powdered sugar and cover with two eggs and a cup of confectioner's sugar. Place in the ice box until ready to serve and garnish with small pieces of crystallized ginger.

### PRUNE SPONGE.

Heat the juice of two lemons and halt a cup of sugar, add the yolks of three eggs, and cook over hot water

## Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mether Selgel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints as these deposits can be expelled, thus relieving pain and soreness. Selgel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or numb the pain of rheumatism or lumbago. It removes the cause. 50c a bottle at drug stores.

until thick; then stir in half a package of gelatine that has been dissolved in a little warm water, and fold in the beaten whites of three eggs. Pour into a fancy border mold, and set on ice to harden. When cold turn out and fill the centre with jellied prunes. Serve with sweetened whipped cream flavored with powdered cinnamon.

### DUCHESS PRUNES.

Fry diamonds of Graham bread in hot fat until a golden brown; drain and place on a hot platter, prepare a pound of prunes by soaking in cold water over night; in the morning cook them in lemon syrup until tender, remove from the fire, and stir into the syrup a tablespoon of currant jelly and the stiffly beaten white of one egg. In the centre of each piece of fried bread place a heaping tablespoon of the prepared prunes and cover thickly with chopped pistachio nuts.

### PRUNE FRAPPE.

Boil one pound of prunes in one cup of water until very tender, strain through a fine colander, adding a pint of sugar, the juice of one lemon and half a cup of maple syrup; return to the fire and stir constantly to prevent burning, boiling ten minutes. Remove and when thoroughly cold, add the stiffly whipped whites of two eggs; turn into the freezer, and when half frozen stir a small cup of chopped hickory nuts. Serve in small sherbet cups, with a tablespoon of whipped cream of each portion.

### MAID OF HONOR TARTS.

Pare and grate one coconut and chop finely one pound of prunes. Boil one pound of sugar in two-thirds of a pint of water for twenty minutes, add the grated coconut and chopped prunes, and cook twenty minutes longer; remove from the fire, and while still warm stir in one quarter of a pound of butter, the yolks of three eggs well beaten and a little candied orange peel. Line small patty pans with puff paste, pour the mixture carefully in, and bake in a quick oven; decorate with a tiny pyramid of meringue on each cake, with a candied cherry resting in the centre.

## DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. Martel's Female Pills. A Scientifically prepared remedy for delayed and painful menstruation. Sold only in a Patented Tin-Clips-Cover Box. At your Druggist, or direct by Mail, price \$2.00, Kalkreuth's Remedy Co., 71 Front St. East Toronto, Canada.

### WINTER COLOR.

(London Advertiser.)

"Oh, wind that clusters and wind that blows,  
What color under your footstep glows;  
Beauty you summer from winter's snows,  
And you are the pathway that leads to the rose."

And thus we perhaps give an occasional thought to the winds and snows of winter. We have come to think of the shut-in season as colorless and uninteresting in the outdoors and pass unheeding the brave little bits of brightness that remain, never dreaming of "warming ourselves at the coals of the sumac's dying fire," which, though lacking its brilliant plumage, still gayly flaunts its flowers of deeper wine. Out in the sleeping gardens and parks on a misty day there is a silvery blur over leafless shrubbery that is beautiful to discover and in long lines on the city streets, and in irregular woodland clittings there are grey tree-trunks, luminous and silver-sheened, lovelier, perhaps, than their branches and twigs of brown.

The beeches and oaks, busily whispering in the sheltered wood places by means of the persistent little leaves that cling to twig-fingers, are set proudly dreaming, when the sun falls tenderly on their brave bronze foliage and lights here and there a stiff little fold into golden glints of remembered autumns. Lichen moss, delicate silver work of frosted beauty, clings here and there, and in sheltered nooks undisturbed by snow there are vivid green moss patches on old stumps. On the low-set tangled twigs of hawthorns there are occasional crimson gleams of fruit left by the birds for a needy day. The trailing bridal wreath wistfully keeps brown seeds of remembered blossoms close by.

### Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three sizes of strength—No. 1, \$1.00; No. 2, \$0.50; No. 3, \$0.25 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Walker.)

drooping poplars with beautifully mottled trunks of white and black.

The evergreens, so faithful in their beauty are at their best in the grey months, and was there ever such flash of glory among them as the crimson of the cardinal, or such blue as the touches in the plumage of the bluejay; such delicate shading as the blue-grey of the nut-hatch, and such vivid black as the crown of the chickadee. Perhaps the least noticed, but none the less lovely to discerning eyes are the withered stems and blades of rushes and weeds in marshlands with their delicate tints of pale gold. All these quiet bits of color have new value as we watch for them in unexpected places on days of grey or gold—

## When The Day Is Over



When the household cares and the worries of everyday life have dragged you down, made you unhappy, and there is nothing in life but headache, backache and worry, turn to the right prescription, one gotten up by Dr. Pierce fifty years ago.

Everything growing out of the ground seems intended for some use in establishing natural conditions. Dr. Pierce, of Buffalo, N. Y., long since found out what is naturally best for women's diseases. He learned it all through treating thousands of cases. The result of his studies was a medicine called Dr. Pierce's Favorite Prescription. This medicine is made of vegetable growths that nature surely intended for backache, headache, weakening pains, irregularities, and for the many disorders common to women in all ages of life.

Orrilla, Ont.—"I suffered from a bad case of woman's trouble with backache, nervousness, disordered digestion, irregularity and I had great pain all the time, sometimes I would faint at my work. I had one physician after another but they did me no good. I then took Dr. Pierce's Favorite Prescription and it fixed me up all right, I look much better and feel fine. I will recommend the 'Prescription' to all suffering as I did."—MRS. MAYBELLE B. GRATRICK, 115 Albert St.

Write Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for confidential advice and you will receive the medical attention of a specialist, wholly without fee—no charge whatever.

"So shall our hearts grow tender as we dream,  
So shall our souls receive God's finger-mark."

## "Different" Fish Dishes

A codfish dish much appreciated is the following: One cupful salt codfish, two cupfuls rice potatoes, one-half cupful cracker crumbs, one-quarter cupful grated cheese, one egg, one-half cupful milk, two tablespoonfuls butter, parsley.

Shred the codfish and soak in lukewarm water for 15 minutes. Drain, add the potato and milk, and put in a greased baking dish. Spread with the egg beaten lightly. Cover with the crumbs mixed with the butter melted, and sprinkle with the grated cheese. Serve garnished with parsley.

### FISH FRITTERS.

Take some batter, flake some salmon, dust the pieces lightly with cayenne, dip in the batter and fry till crisp in oil. Drain well.

### A FISH SOUP.

One cupful minced canned salmon, tuna fish, flaked, canned fish or leftover white fish of any kind; one quart milk or two cupfuls milk and two cupfuls white soup stock, two tablespoonfuls flour, two tablespoonfuls butter, one-half teaspoonful onion juice, two teaspoonfuls minced parsley, one-eighth teaspoonful pepper, salt to taste.

Scald either the milk plain with the fish. Add the seasonings, and, in the meantime, rub together the butter and flour. Add a little of the scalded mixture to this; return the whole to the double boiler and cook until thickened, about 20 minutes. Then add the parsley. A few leftover canned peas, a little minced, cooked carrot or some finely shredded canned string beans, or diced cooked celery may be added to this soup. If desired, the flour may be omitted, the butter being beaten into the soup and half a cupful of cooked brown or white rice or farina may be combined with a little of the soup, ten stirred in to thicken.

### SMELTS A LA TOULOUSE.

Take 12 smelts, one tablespoonful butter, one tablespoonful of flour, half a teaspoonful of white wine, one and a half dozen mushrooms, three tablespoonfuls of catsup diluted to half its strength in water, and one truffle. Cut down the back of the smelts and remove the bone. Close the fish and lay them in a fireproof dish with the wine and catsup. Put the dish in a hot oven till the smelts are cooked. Mix with the liquor in which they have been cooked one cupful of stock; rub together the butter and flour and stir this in also, leaving it on the spoon until stirring it has dissolved. Then add the truffle minced finely. Season with salt and pepper. Cook, stirring all the time till the sauce is creamy, then pour it over the fish and serve very hot.

History attests that when moral problems get into politics they cease to be moral and become sordid.—Henry Watterston.

## ASTHMA

Templeton's RAZ-BAN Capsules are guaranteed to relieve ALL M. A. Don't suffer another day. Write Templeton, 149 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.50 a box.