

Aches and Pains of Rheumatism Sometimes Almost Unbearable.

There are weather conditions that make rheumatism worse. They are not the same in the case of all persons. Some victims of this disease suffer more in dry warm weather than in moist cold weather, but all suffer more or less all the time.

The cause of rheumatism is an excess of uric acid in the blood, affecting the muscles and joints. Hence the blood must have attention for permanent results in the treatment of this disease.

Hood's Sarsaparilla has given entire satisfaction in thousands of cases. Do not fail to give it a trial. If a laxative is needed, take Hood's Pills—they don't grip.



The Evangelical Alliance Meeting

Great Religious Revival in City Discussed—Help for Y. W. C. A. York—Mental Survey of Province Likely to be Made.

The Evangelical Alliance held a meeting in the Y. W. C. A. yesterday morning, with Rev. F. S. Dowling in the chair. The committee on the week of prayer reported four groups, as last year, and that the ministers arrange the places of meeting and the speakers in their respective groups.

A letter from the executive of the Y. W. C. A. set out the thought that the executive understood that the ministers of the city had previously agreed to raise \$1,000 for the maintenance of St. John's church, King street east, which has been purchased by the Y. W. C. A. for its work. The Alliance discussed the subject extensively. There are between thirty and thirty-five congregations in the city, and a yearly contribution of \$50 each would make up the amount. In raising this amount, it was suggested that the women be asked to contribute by suggestions of raising money. The Alliance put themselves on record as being in sympathy with this work.

The president said that if the churches raised this amount they would have to be represented on the Y. W. C. A. board. On motion of Rev. M. E. Cronin, a committee was appointed to confer with the Y. W. C. A. executive and go into the matter thoroughly and see whether it would be deemed advisable to consider the matter further. Rev. F. S. Dowling, Rev. R. T. McKim and Rev. S. S. Poole imposed the committee.

Rev. George Scott and Rev. H. A. Goodwin presented the matter of a survey of mental defectives. A resolution that the churches and ministers respectively make such a survey of the congregation was offered. It was referred to the National Commission on Mental Hygiene had offered, if asked by the government, to make a mental survey of the province. In view of this the Alliance thought that no action would be necessary on their part.

The prohibition question was discussed by Rev. Thomas Marshall spoke. The following resolution was passed unanimously in this connection:

"A few of the many reported violations of the prohibition law of the province by licensed vendors, this meeting of the Evangelical Alliance desire to express in the strongest possible terms its conviction that any license vendor convicted of selling liquor illegally should forfeit his license and that no convicted vendor should have his license renewed."

"A copy of this resolution be forwarded to the chief inspector of liquor with the assurance that this Evangelical Alliance will stand by him in any steps necessary to carry

the above resolution into effect; that a copy be also forwarded to the Premier."

It was announced by Rev. S. S. Poole that there were two Mormon elders in the city, and he thought it was their purpose to flood the city with literature.

The forward movement in the churches was also discussed and Rev. F. S. Dowling said what was needed was a new spiritual awakening. Rev. A. L. Tedford moved that a committee be appointed to get a leader as soon as possible and start a simultaneous revival in the city, and if a leader could not be secured he thought that a united campaign would be undertaken here at any rate after the new year.

Rev. W. R. Robinson said that the spiritual awakening was what was needed. On account of so much unprecedented prosperity, people have gone piecemeal crazy.

Rev. S. S. Poole said he was not over enthusiastic about a campaign of this kind, as there was always a certain amount of "flap doolism" which did more harm than good, and when the revival was over the awakening began to show signs of spiritual drowsiness.

Other members at the meeting agreed that in order to get results the work must be followed up.

Mr. Tedford said that with the consent of the second he would add to his motion that the committee be appointed to look forward to the inauguration of a simultaneous campaign at the earliest possible time.

This was carried.

The following members of the Alliance were present—Rev. F. S. Dowling, president; Rev. J. C. B. Appel, secretary; Rev. A. H. Crowfoot, Rev. W. H. Sampson, Rev. W. R. Robinson, Rev. Nell McLaughlin, Rev. G. F. Dawson, Rev. S. S. Poole, Rev. R. T. McKim, Rev. M. E. Cronin, Rev. George Scott, Rev. George Morris, Rev. A. L. Tedford, and Rev. H. A. Goodwin.

SHORT OF BREATH Could Hardly Walk Without Resting

When you go to a physician to be examined for any heart trouble one of the first questions he asks is: "Are you short of breath?"

Now, when the heart becomes affected there comes a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular breathing, smothering sensation, dizziness and a weak, sinking, all-gone feeling of oppression and anxiety.

On the first sign of the heart becoming weakened or the nerves unstrung Millburn's Heart and Nerve Pills are just the remedy you require. They regulate and stimulate the heart, and strengthen and restore the whole nerve system.

Mr. Stephen Crouse, East Clifford, N. B., writes:—"I suffered for five years with heart trouble. I could hardly walk from the house to the barn without resting, as I used to get so short of breath. Doctors could not help me. My wife told me to get a box of Millburn's Heart and Nerve Pills and I felt better after taking them; three boxes made me quite well. I am now helping my son to work the farm, and can truthfully say I feel like a different man."

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AN ACKNOWLEDGMENT.

Johnson L. G. B. A. wishes to thank all those who so kindly made donations to their Fair:

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National Drug Co., J. M. Humphrey & Co., Waterbury & Rising, Ideal Millinery Co., J. Goldman, R. G. Dykeman, Weis's Store, Ross Drug Co., E. Clifton Brown, D. McArthur, E. W. Rowley, Louis A. Brager, S. Jacobson, D. Basson, Jacobson Bros., New York Shoe Store, American Cloak Co., Amland Bros., Parisian Millinery Store, Emery Bros., Fraser, Fraser & Co., A. O. Skinner, J. Marcus, Alex. Corbett, Watson's Drug Store, N. A. Hornbrook, Mrs. M. Neill, Montreal, Mrs. E. Roberts, Montreal, and the Misses Dixon, Montreal; Miss Aggie Leitch, Mrs. Edward Conway.

Much of the success of the Fair is due to the following ladies: Mrs. M. Cronk, Mrs. A. Ellingswood, Miss Ida Moore and Mrs. Iddils.

BLUNDERS WHEN COOKING WITH EGGS

All egg cooking is simple if you remember that eggs must cook at a fairly low temperature, and that cleanliness is essential.

Eggs can not properly cook in a pan that is not clean. Egg-whites will not "whip up" unless the beater and the bowl are absolutely clean, dry and as cold as possible. If you have thought, "Oh, that bowl will be all right for beating up the egg whites!" It has had nothing in it but a little cream, you will be doomed to disappointment.

A meringue, an angel cake, an omelet, a custard, are all spoiled if the temperature rises above a moderate

heat. The egg mixture toughens with overcooking, and shrinks, forcing out the water, which is seventy-five per cent. (approximately) of an egg. The result is a tough, leathery or curdled mixture.

Do not think that a recipe is over-fussy when it tells you to cook a meringue twenty minutes in a very slow oven. When a recipe reads, "Place custard baking-dishes in a pan of water in the oven," the author is trying to tell you that the heat of the oven floor coming into direct contact with the custard dish is too great; the obvious remedy is to surround it with a water bath. For the same reason a soft custard is best cooked in a double-boiler.



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The Eyes of Canada Are Upon St. John

Every Allied Country has raised a loan from its people since fighting ended. They have all raised loans for the same purpose—to finish paying for Victory.

Of all that were in the war (from the beginning) Canada is the only one to come out of the struggle stronger than she went into it.

Canada has found herself—spiritually and materially.

With reason and pride we can look to the future and proclaim Canada indeed A. Promised Land.

The Victory Loan which is needed to finish paying war obligations is the very barometer of our confidence in the future.

In the measure of its over-subscription—we will reap the future benefits.

Come through and come through handsomely.

It was fine enough to buy Victory Bonds when war was on the threshold, but it is the bigger thing to buy them now—when the tumult is over.

Let's show the stuff St. John is made of—Let's finish the job and let's see it through.

Let every citizen of St. John to the limit of his ability

BUY VICTORY BONDS

"Every Dollar Spent in Canada"

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