

FOR WOMEN

Allenby Club of St. Andrew's Church

Met for Supper in the Church and Held Reorganization Meeting—Officers Elected.

The Allenby Club of St. Andrew's church met on Saturday evening for supper in the church. A reorganization took place and the officers elected are as follows: Honorary president, Rev. F. S. Dowling; president, Albert Finlay; vice-president, George Wilson; secretary-treasurer, James Corry. The sports captain, Roland Rockwell, Colby Potter, Henry Holmes.

It was decided to have a volleyball league of three teams or more. Games are to be played Saturday evenings and a schedule is to be drawn up and submitted to the club at an early date.

The club meets every Sunday afternoon in the vestry with the Rev. F. S. Dowling as teacher.

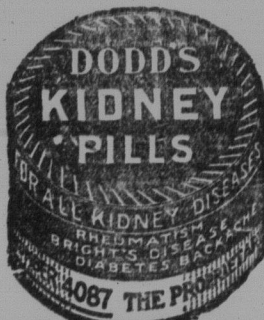
Central Baptist Church Y. P. A.

Literary Evening Greatly Enjoyed—Review of Men and Resources of Canada.

The Young People's Association of Central Baptist church held a literary evening last night in the schoolroom of the church, with Edward Campbell in the chair. The programme consisted of a solo very beautifully rendered by Miss Gladys Scribner, who sang "O Canada," followed by a reading by Miss Roberts, from Robert Service, a review was given by Edward Campbell on the men and resources of Canada. He spoke on the fishing, mining, lumbering and manufacturing interests of the Dominion, and of the wealth which our natural resources have.

The meeting was largely attended and proved very interesting to those who were there.

The Origin. "Wonder when the game of poker originated?" "Tut Tut—In the time of Noah. He stacked the deck with pairs."



Getting Well Harder Than Keeping Well

Preserve Your Health—Being Sick is Unpleasant—Some Real Professional Advice.

Getting well is a harder and sterner task than keeping well. Take good advice and preserve your health. Being sick is unpleasant for you and it upsets the entire household.

While you are getting sick you are cross and irritable. You hurt the feelings of your family and friends. You leave your work unfinished and do badly what you undertake.

If you are taken sick in the night you awaken the house and frustrate every one half to death. There follows a rearrangement of the sleeping quarters and your care taken from other duties the energies of one or two of your family.

If you are seriously sick you lose your position possibly, or at least must face the certainty of decreased income. Then you must meet the heavy expense of doctor, nurse and druggist. Mother must assist so much in the sick room, relieving the nurse and doing the necessary household work. In the kitchen. All in all, the financial, as well as the physical situation is grave, and to put it mildly, the whole domestic machine is out of gear.

Watch Your Diet.

Probably you got along pretty well, and in a week or two—in a month or so—you are out of bed and walk about a little. You may go back to work, but you are just dragging yourself along, and for months feel miserable, "way below par."

"You begin to realize that getting well is hard work. You blame yourself for neglecting your body and needs. You realize as you have not done for a long time, how important to your health really is.

Keeping well should be your aim. There could easily grow up in your mind a fear of illness and a dread of uncomfortable symptoms of any sort. Good sense must temper your pursuit of health.

Study your stomach. Find out what foods disagree with you and having determined to get well and to keep well, avoid them hereafter.

Study your body as regards its need of sleep. Make it your intention to get the necessary number of hours of restful slumber.

Study These Points.

Bear in mind that exercise, fresh air, frequent bathing and the consumption of plenty of good water are essential to health.

Don't eat between meals, and avoid foods and drinks of doubtful quality. Why some folks will buy stuff from any vendor, and—regardless of quality—fill their stomachs with it, is more than I can understand. Have some respect for your digestion.

Don't forget that bad air, the breath of the sick, the droplets thrown into the atmosphere by the coughing, sneezing or loud talking of infected persons are dangerous.

You must guard against wet feet, chilling of the body, fatigue, worry and sleepless nights.

Remember, the best things in life are won by sacrifices, or by what seems at the time to be sacrifices. If you would keep well, you will resist the wrongful demands of your appetite. No matter how great your sacrifice may seem, it is far better to keep well than to get well, isn't it?

Women's Auxiliary of Stone Church

Subject for Study Yesterday Was "The Diocese of Canada."

The regular monthly meeting of the Women's Auxiliary of St. John's (Stone) church was held yesterday afternoon in the rooms of the church, with the president, Mrs. Alfred Morley, in the chair. The subject for study was "The Diocese of Canada."

Mrs. A. L. Fleming read a paper on missionary work among the Bequimaux and showed two letters received from them by the Rev. A. J. Fleming and herself. One was a note of thanks to Mr. Fleming for some gifts and the other a letter to herself with a present of a pair of fur slippers. The letters were folded in oblong form and tied with pieces of walrus skin.

Mrs. Edgar Golding read an article on camp missions, about mission work in the lumber and mining camps in the west.

Mrs. John McAvity had a very interesting story on "The Sunday School Van Mission," telling about two women traveling in a van and doing missionary work.

Working Women of The World

The women of the world at their recent conference in Geneva, set for them a goal which includes: A 44-hour week with one and one-half days of rest in every seven.

Safe guards for motherhood by means either of maternity endowment or maternity insurance.

Laws practically forbidding employment in industry of youths under 16.

Elimination of the hardships of involuntary unemployment through a free employment service, unemployment insurance, an international bureau of information, and public works in times of depression.

Elimination of employment of women in trades which cannot be made healthful for potential mothers.

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Benny's Note Book

BY LEE PAPE

Up fellows was setting on my front steps waiting for something to happen, and nothing did and nothing looked as if it was going to, and we all tried to think of something to do and none of us could, and I said, I tell you let's wait, let's all go around to Pude's (Skinkine) and stand outside his parlor window and see if we can hear him taking his music lesson.

Sounding like a pretty bum of a idea but better than nothing, so some of the fellows said they would go and some said they wouldn't, the ones that went being me and Skinny Martin and Roddy Merly and Sid Hunt, and Pude's parlor window was open a little ways and we could hear him taking his piano lesson and his German piano teacher saying, Yun, 2 tree, 4, Yun, 2 tree, 4.

Hay, I tell you let's wait, let's pretend we are in the army and Pude's teacher is an officer counting for us to march by, said Sid Hunt. Being the best idea, yet, and we all got in back of each other and started to work up and down Pude's pavement stamping our feet as hard as we could, keeping time to Pude's German music teacher saying Yun, 2 tree, 4, Yun, 2 tree, 4, and pretty soon he came and looked out the window to see what was making all the noise stamping and when he saw us he started to shake one fist and say a hole lot of stuff in German taking him about 3 minutes.

And then he started to go back and I yelled, I bet you wouldn't do that if the war was over.

Breaking up the yell, yelled Sid Hunt.

Hook der looby, yelled Roddy Merly.

Vass has looby, ya, yelled Skinny Martin.

Limberger soukrant ein swy dry, I yelled.

Being all the German we could think of to yell, and we went back to my house and the other fellows was still setting there and we got up a game of prisoners base, the side I was on winning easy.

MOTHER!

Open Child's Bowels With "California Fig Syrup."

Jacksonville, N. B., Nov. 12.—Mrs. Robert Colpitts, of Moncton, arrived on Friday to spend a short time with her daughter, Mrs. Leon Ladgate.

Miss Grace Bird, who is practicing drugs at McAdam, spent the Thanksgiving holiday with her mother, Mrs. Moses Bird.

Rev. L. A. Fenwick returned home on Friday from a hunting trip on the Miramichi.

Mr. Arthur Hannah left last Wednesday to enter an automobile school in Toronto.

Miss Beatrice Harper spent a few days at Kiburn last week; the guest of her sister, Mrs. Benjamin Kiburn.

Miss Anna Stuart and her nephew, Master Jas. Stuart, of Perth, are the guests of Miss Stuart's sister, Mrs. L. A. Fenwick, at the Baptist parsonage.

The Ladies' Aid of the United Baptist Church celebrated its thirtieth anniversary at the home of Mrs. Byron Gibson on Tuesday. A special programme, followed by a bounteous chicken supper, made the evening an enjoyable one.

Miss Leon Ladgate and Irving Bennett are at Killarney for a few days shooting.

Miss Irene Bird left on Monday for McAdam, where she will spend a few weeks with her sister, Mrs. E. R. Richards.

Mrs. Waldo Currie, who has been spending several months with her mother, Mrs. Frank Hayward, left last week for Woodstock to occupy her house on Parker street. Her sister, Miss Amelia Hayward, will spend the winter with her and will attend the Woodstock High School.

Mr. Samuel Harper received a shock and several injuries when he slipped and fell on the ice near his home on Saturday morning. After being laid up several days he is able to be out again. The Auxiliary of the Women's Missionary Society at Upper Woodstock held a bazaar on Tuesday night and realized over \$51.

Miss Olla Milberry spent the Thanksgiving holidays at her home on the Houston road.

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SORE HANDS in Winter?

NEAL THEM WITH ZAM-BUK.

FOR chapped hands, chilblains, cold-sores and frost-bite, there is no treatment so beneficial as dressing with ZAM-BUK. When the roughness, irritation and redness of the skin is followed by cracking and bleeding, dirt and disease germs may find their way into the raw places and cause inflammation, blood-poison or winter eczema.

ZAM-BUK stops this peril entirely. Simply smear a little ZAM-BUK on the sore parts and wrap up carefully. Letting the ZAM-BUK soak into the tissues, soothes away smarting itching pain, and assures rapid healing with healthy new skin.

The striking success of ZAM-BUK is due to its rare herbal origin. It contains none of the mineral salts or animal fats that form the basis of common salves and ointments. Prepared exclusively from rich herbal essences, ZAM-BUK is a concentrated balm of the highest purity and of unsurpassed healing, soothing, and antiseptic efficiency.

Use ZAM-BUK also for the speedy healing of cuts, burns and scalds, and for eczema, abscesses, ulcers, ringworm or other skin or scalp diseases. 50c. box, 3 for \$1.25, all druggists and dealers.

GET ZAM-BUK TO-DAY!

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Sensation of Autumn Mode

Sleeves Most Daring of Fashion's Frivolities — Longer Skirts and Sombre Hues.

Sleeves are the sensation of the fall mode. They are daring, they are graceful and they are fascinating. These long flowing affairs give a Grecian design to the costume and the touch of color for interesting contrast a scheme to match lady's hat.

The sleeves are, in fact, the most daring of all Dame Fashion's frivolities. The skirts are gradually creeping down, by means of panels and lace, below the skirt and other subtle subtleties. The new dress is also conservative and the color grade has subsided to make way for black, dusky and more sombre tints.

Examples of these interesting changes in the style of autumn are attractively displayed in the fashion show which commenced at the Hudson's Bay store Monday afternoon at 3 o'clock and will be continued until Wednesday. An orchestra played softly to accompany the mannequins parade, and the display is most instructive for the woman who wishes to keep in touch with the trend of fashion as decreed by the world's market.

Procks for all occasions were on view and depicted the various needs of the modern woman's day, the street costume, fur, the tea frock, dinner gown and evening gown. In the evening frock, Dame Fashion allows a deviation from her sombre decrees, and here were noticed brilliant dashes of color, sunset and flame hues being among the favorites. Lace is a predominating note on both frocks and hats and is used as a skirt drap and overskirt.

LADY BYNG, PATRONESS

Her Excellency Lady Byng has graciously consented to act as patroness of the Federated Women's Institute of Canada, which is being organized by Mrs. Helen Grimmer. The corresponding secretary has announced. A letter from her Excellency's private secretary states that it will give Lady Byng much pleasure to act as patroness of the movement in England. Mrs. Alfred Watt, M.B.E., organizer of W. I. in England, says that Lady Byng has proved her interest in the lives of rural women, for she is not only a member of the branch at Thorpe-Boken, W. I., in England, but a member of West County executive.

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Senior Basketball Teams In Session

Every Effort Being Made in Securing An Agreement Amongst the Players.

A meeting of the captains and managers of the Trojans and Alphas, was held last evening at the Y. M. C. A. to discuss ways and means of continuing the Y. M. C. A.'s representation in the city league in the same manner as last year, and to smooth over the difficulties which have arisen in this connection this season. After the matter had been fully discussed, the meeting adjourned, and the matter will be taken up again today with a committee from the Board of Directors. It is to be hoped that today's meeting will be instrumental in securing an agreement amongst the players.

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Bowling Results In Local Leagues

WELLINGTON LEAGUE.

In the Wellington League series Saturday night, the Nashua team took three points from the G. N. I. The scores follow:

Nashua.
Kerr 83 74 247 83 1
Golding 80 80 79 252 84
Hill 77 77 100 254 84 1
McIntosh 84 74 103 87 1
Kilpatrick 85 100 86 271 90 1
Doherty 81 79 100 260 83 1

G. N. I.
Cyrus 86 79 263 84
Hill 84 74 103 87 1
McIntosh 84 74 103 87 1
Law