

KEEP URIC ACID OUT OF JOINTS

Tells Rheumatism Sufferers to Eat Less Meat and Take Salts.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat; but drink plenty of good water. Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and get it out in the urine; the pores of the skin also serve as a means of freeing the blood of this impurity. In damp and chilly weather the skin pores are closed, thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate the uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoon in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acids of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which helps overcome uric acid and is beneficial to your kidneys as well.

GUM DECAY CAUSES TOOTH DECAY

Healthy teeth need healthy gums to hug them. Else they will loosen in Pyorrhea. Tiny openings will come in the gums to act as the gateways of disease germs, which infect the joints or tonsils, or cause other ailments.

Forhan's prevents Pyorrhea, if used in time and used consistently. No more toothpaste does. Are your gums tender, gums? Are they bleeding, gums? If so, you are certain to have Pyorrhea (Riggs' Disease). Four out of five people who are over forty have it. To you we earnestly recommend Forhan's. It preserves the gums which hold the teeth secure.

Brush your teeth with it. Forhan's cleans the teeth scientifically—keeps them white and clean.

If gum-shrinkage has already set in, start using Forhan's and consult a dentist immediately for special treatment.

Use and get tubes. All Druggists.

FORHAN'S, LTD., 307 St. James St., Montreal.

Forhan's
FOR THE GUMS

Hair Often Ruined By Careless Washing

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary mild soap and water (which is pure and greaseless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dirt, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get mild soap and water at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.

This Leaves the Skin Free From Hairy Growths

(Toilet Talks.) A simple method for completely removing every trace of hair or fuzz is here given. This is painless and usually a single treatment will banish even stubborn growths. To remove hairs, make a thick paste with some powdered talc and water, spread on hairy surface and after about 2 minutes rub off, wash the skin and the hairs are gone. This method will not mar the skin, but to avoid disappointment, be certain you get talc.



For Constipation
Carter's Little Liver Pills
will set you right over night.
Purely Vegetable

Large Crowd Attends Exercises at University of New Brunswick

(Continued from page 7.)

the successful completion of your course at our old Alma Mater. I say "our" old Alma Mater, for I cannot keep from my thoughts today the fact that, 25 years ago, I stood in your place to receive my Bachelor's Degree, for which I had toiled and worked for three long years. And I prize it much! But I assure you it appeared a very different matter at the end of that time than it did at the beginning. Then, I thought that after such a course of study and of work I should have become a very prodigy of learning; but, when the time had passed (I don't mind telling you now), I found that the chief thing I had learned was how little I know and what a vast store of knowledge still lay untouched—and it seems to have been growing larger ever since!

It is not right that I should take any of the few minutes allowed to me this afternoon to speak of things or persons that were present then, but as I look around on these familiar walls, I note the absence of many who were the very life of the place. And yet I am thankful to see among us one well remembered form and face, one which held the love and veneration of all the student body of those days, and I rejoice to know that my old, revered and honored teacher and friend, Dr. L. W. Bailey, is with us yet, and in the midst of the duties of his declining years and still casts the benediction of his presence upon the community.

But I must not dwell on what is past, but on that which is to come. An old man's thoughts are on the past, the young man's on the future; and I feel young enough today to stand with you upon the border of the new life and, with you, gaze out into the regions which lie beyond—regions big with the possibilities and problems of a new era—and bid you good luck and Godspeed on your entry to the "wide, wide world." To be living in this present time, with all the boundless possibilities of a new world, as it is now emerging from the calyx of war, and ready for recreation and reconstruction, is a privilege indeed. And to be living and to be young as you are, in the midst of all the stirring movements of this present age—this should be a perfect ecstasy of joy. In the era which is dawning upon the world, new possibilities, hitherto undreamed of, lie before you, and new problems await your solution. It is for the young men (say, and women too), such as yourselves today, to develop those possibilities and to solve those problems; in a word, to guide the destiny of our land, and under God, to determine the character of its social and political, its moral and religious life. This is a great task. It is so full of difficulties, and so beset with dangers through the present world-wide turmoil and unrest, that it may well daunt the stoutest heart.

But this is no time for pessimism; nor is there any room or reason for it here. As we look back upon the past four years, and more, of difficulty, strife and war, and remember the fearful odds that were met and overcome, and as we recognize the manifest overruling providence of God's hand, it would be strange indeed did we not look upon the future with confidence and hope. It only needs that you now set out upon your new life with the same undaunted courage which stood by you when you responded to your country's call, and with the same devotion to the principles of justice, righteousness and truth, play your part in the time which is to come.

We hear much of democracy in these days as though that were the panacea for all the ills of social life; but, believe me, it is not democracy, nor any other form of government, which alone, can make our country great. It is the principle of righteousness, justice and fair play between man and man which shall bring about an era of peace and prosperity, of good will and mutual confidence, in the community in which we live. It is only the upholding of these divine principles among men which will make the world "safe for democracy."

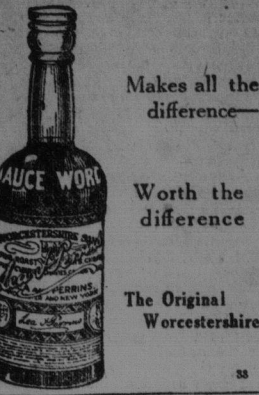
But further, democracy itself must be imbued with the spirit of righteousness, which is nothing less than the spirit of God incarnate, or it will be no boon to man. And, I believe, it is when our people realize this, and work in earnest to bring it about, that we shall find society taking on that character which God intended it should have. We may think of human society as a great, living, pulsating organism.

Just as in any one body there are the various parts, all necessary and all working together, not all equally strong and compelling, but all essential to the proper working of the whole, so permeated by the life of the whole body and each one fed and nourished and made equal to its work by the quickening fluid of the red blood, so in society, among all its different members, high and low, rich and poor, strong and weak, learned and unlearned, employed and unemployed, co-operation for the good of each and of all can only be maintained by the right action of each in responding to the call peculiar to its own position and actuated by the spirit of service and of unselfish love.

And this applies quite as much to you young ladies who are graduating today as to the men. You are a part of the body of society and have your own work to do as much as they, indeed, the peculiar duties and privileges of womanhood can never be altered or set aside by the advantages of higher education. The refinements of education do but enhance the peculiar gifts and faculties of your sex, which under God I believe can do more for the betterment of the world and the amelioration of the condition of human life than any other agency which God has made. Only remember, that higher education does not set aside the God-given duties of womanhood, nor does it create a third and a different order of human beings! Men and women God created them, and men and women they will remain until the end of time. God has his use for both, and there can be no rivalry between the two, for each is the complement of the other, not the antagonist.

Be this then the aim of all,—to set first and foremost righteousness, justice and fair dealing in the world, to be of mutual service and of mutual support. And, as the years roll by,

Lea & Perrins Sauce



Makes all the difference—
Worth the difference—
The Original Worcestershire

you will understand more and more clearly that a good conscience, and a sense of duty rightly done, brings truer satisfaction than all the treasures of ill-gotten gold or unearned honor and applause. And your state of mind, when in after years you come to dwell upon the past, will amply justify the Psalmist's words, "Keep innocence and take heed unto the thing that is right, for that shall bring a man peace at the last."

Returned Soldiers Here This Morning

Party Arrived in Halifax Yesterday on Steamer Celtic and Left for St. John Last Night—Major F. T. McKean Among the Number.

A telegram received by Charles Robinson, secretary of the Returned Soldiers' Commission, from Halifax stating the following men had arrived there by the S.S. Celtic, and would arrive in St. John this morning at six o'clock:

Major F. T. McKean, 171 Germain street.
Pte. A. H. Bennett, 238 Gilbert St.
Sgt. R. G. Cowan, 16 Cedar St.
Sgt. R. H. Gale, 129 St. James St.
Sgt. C. J. Manson, 119 Market Place
Pte. J. Alcorn, 140 Paradise Row
Pte. C. H. Cameron, 14 Dishart St.
Gar. V. A. Curtis, 56 Waterloo St.
Pte. S. Gantier, Police Station.
Pte. C. W. Henderson, 26 Murray St.
Pte. W. R. Kingston, 381 Haymarket Square.
Pte. T. E. Mantle, 119 King street east.
Pte. F. W. Osborne, 17 St. Andrews street.
Pte. J. C. Sullivan, 9 North street.

Spr. E. C. Thompson, 160 Germain street.
Spr. F. H. Vanwart, 88 Waterloo St.
Other Places.
Pte. H. E. Sundry, Port Elgin.
Pte. B. C. Welch, R. R. No. 1, Carleton Place.
Pte. C. E. O'Donnell, Campbellton.
Pte. J. Porter, Upper Housagh.
Pte. A. Richard, Middle Sackville.
Pte. A. Richard, Levere.
Pte. R. Richards, Inkerman.
Pte. J. Robichaud, Sackville.
Pte. A. Phibault, Chatham.
Pte. P. L. Thompson, Bathurst.
Pte. H. Jones, Newcastle.
Pte. J. Henderson, Adamsville.
Pte. L. Gallant.
Pte. A. P. Gallant, Moncton.
Pte. A. Lutes, 21 Elm St. Moncton.
Pte. J. P. Dorion, 110 Robinson St. St. Stephen.
Pte. F. L. Woodard, Up. Dorchester.
Sgt. F. M. Cormier, Newcastle.
Pte. A. Crastling, Richibucto.
Pte. E. David, Norton.
Pte. H. A. Walker, Bonaventure.
Pte. G. G. Sheriff, Grand Falls.
Pte. L. F. Rioux, North Devon.
Pte. W. Parsons, Nashwaak.
Pte. A. W. Prekham, Albert.
Cpl. A. Roll, Richmond Corner.
L. Cpl. S. G. Pike, R.F.D. No. 1, California.
Pte. A. Parks, Jacques River.
Pte. P. Degreche.
Pte. J. D. McGeorg, Glace Bay.
Pte. J. Murphy, Florenceville.
Cpl. H. R. Gray.
L. Cpl. H. Gray, Butt's Corner.
Pte. E. C. Haines, Hampstead.
Pte. F. Harting, Knowlesville.
Pte. Kenney, Tetlow.
Pte. A. Gray, St. Andrews.
Pte. J. A. Grant, Summerside, P.E.I.
Pte. F. G. Haines, Summerside.
L. Cpl. J. Cameron, Hamilton, Ont.
Lieut. S. Chambers, St. Andrews.
Lieut. R. L. Brewer, Aroostook Jet.
Pte. A. W. Bridger, Florenceville.
Pte. J. Burgess, R.F.D. No. 3 Ripley.

Pte. F. Balmain, R.F.D. No. 2, Fredericton.
Sgt. C. Mills, R.F.D. No. 4, Washburn.
Pte. W. A. Alexander, Winnipeg.
Capt. S. H. Williams, M. C., Toronto.
For Points Outside Canada.
Pte. G. H. Taylor, Pte. D. J. Irwin, Pte. G. E. Bishop, Sgt. D. K. Preston, Pte. M. Kelly, Pte. C. V. Brown, Pte. G. D. Bartlett.
No Canadian Addresses.
Pte. G. H. Tufts, Pte. L. Lewis, Pte. A. D. Wright, L. Cpl. J. A. Steven, Pte. E. Montgomery, Pte. J. L. Hodgson, Pte. B. Dane, Pte. J. Motoney, Pte. D. S. Steeves, Cpl. C. W. Steele, Pte. A. McDavid, Pte. J. C. Munroe, Pte. E. Carroll, Sgt. H. D. Hakeney.

WEARING A SMILE.
One of the officials of the local police force is wearing a smile, and it is rumored he will soon take unto himself a better half. The official in question is very popular and has hosts of friends in the city who will wish him much success in his venture of the matrimonial world wherein there is no boundary.

KING'S DAUGHTER'S CIRCLE SOCIAL.
The "In His Name" Circle of the King's Daughters of which Mrs. E. E. Thomas is the leader held a social last evening at the Guild. Invitations were issued in the form of muslin aprons and guests were asked to put in the pockets of these a number of pennies equal to their wrist measure. Delightful solos were given by Miss Andrew Mullin, and Miss Minnie Miles. The Misses Allingham and Pineau gave a clever playlet, and Miss Lawson an enjoyable reading. The rooms were crowded and the sum of \$50 realized, which will be used for Circle work.

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Let him. This show case in his window or on his counter tells you that he has the full line.

ROBT. H. INGERSOLL & BRO., 128 Bleury Street, Montreal

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Is it not well worth your while, to buy a Tea with an Established 'Quality' reputation and so reliable that disappointment is an impossibility.

"SALADA"
will prove its worth in a Tea-pot Test.

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FOR HOLIDAY OUTINGS

Be sure that your holiday shopping includes several pairs of **FLEET FOOT** shoes. You will like the pleasing effects and the easy comfort of **FLEET FOOT** shoes. The wide variety of styles and shapes enables you to choose the most attractive summer footwear.

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—for Every Sport and Recreation
and particularly for your holiday outing.
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WESTERN ASSURANCE CO. (1861 A.D.) Fire, Explosion, Burglary, Mobile, Postage and Assets exceed \$7,000,000. Agents Wanted. R. W. W. FRANK & Branch Managers

FORESTRY

Timber Lands Bought, Timber and Pulp Wood. R. R. BRADLEY, Consulting Forester, Globe-Atlantic Bldg., St.

HORSES

HORSES. Just received from Ottawa horses. Edward Hogan, U.