

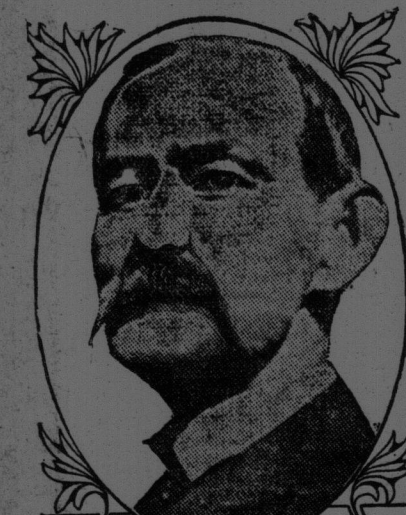
## BREATHE FREELY! OPEN NOSTRILS AND STUFFED HEAD—END CATARRH

Instant Relief When Nose and Head Are Clogged From a Cold — Stop Nasty Catarrhal Discharges — Dull Headache Vanishes

Try 'Ely's Cream Balm.' Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the catarrh, cold-in-head or catarrhal sore throat will be gone.

This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and breaks the inflamed, swollen membrane which lines the nose, head and throat; clears the air passages; stops nasty discharges and a feeling of cleansing, soothing relief comes immediately.

## Stomach Troubles

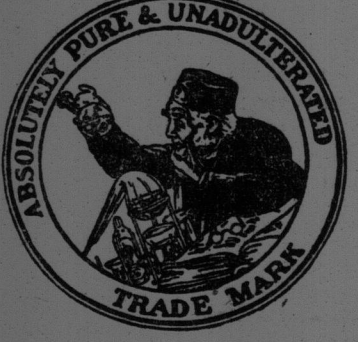


This short, right-to-the-point letter of Mr. C. H. Keiser tells his story completely. He could not say more.

## Duffy's Pure Malt Whiskey

Would say Duffy's Pure Malt Whiskey is the best medicine on earth. It cured me of Stomach troubles that no other medicine could touch." C. H. Keiser, South Langhorne, Pa.

cases such as this, of which there are thousands upon thousands, are what have given Duffy's Pure Malt Whiskey its unequalled record with steadily increasing sales. It is truly the world's greatest medicine.



## Sustaining

That's the big essential of all foods and Kellogg's Corn Flakes possesses this quality in a high degree.

Has a flavor all its own—as nutritious as heavier foods but, being more easily digested, is far more sustaining. Sold by all Grocers at 10c.



## D & A CORSET

The Corset that Enhances the Charms of Youth. Very young women need this corset. It gives the exact foundation required for the successful fashionable costume, supports the back, encloses the hips, gives to the figure a more mature appearance and is so graceful and so comfortable that wearing it is a positive pleasure.



## Little Beauty Chats

By BLANCHE BEACON Exercise the Muscles of the Face

THE beauty and symmetry of the face depends to a great extent on the development and condition of the facial muscles. This is a thought that never occurred to you, is it?



Most people do not use the muscles of their face except when eating or speaking and then only a certain set of muscles come into play. This is not fair to the muscles.

I regret to say that the only way you can really exercise the muscles of the face is by making faces. This idea may not appeal to you at first but when I tell you that stretching and twisting the face in every conceivable way will improve the circulation, stimulate the tissues and muscles, and fill out sagging hollows, you will be willing to "make faces" by the hour, if necessary.

The first thing I ask you to do is to yawn, as this is a splendid toning up exercise when the face feels stiff and set.

Now try lifting every muscle in the face and never mind if you do look like a picture in a comic supplement, as this lifting of the eyebrows, forehead, cheeks and mouth will do the facial muscles a world of good.

Next, close the eyes tightly, contract the brows, pout and contract the muscles of the mouth and jaw, relax, then repeat. Do this for two minutes.

Finally open up all the muscles of the face to one side as much as you can. Then draw all the muscles to the other side.

Practice thus daily as this exercising of the facial muscles not only restores them from becoming rigid, but restores youthful contours and tints pale cheeks a pretty exuberant.

For the benefit of our lady readers who suffer from the humiliating disfigurement of hair on face, lips or chin, we publish herewith a formula which has the advantage of being simple and inexpensive, as well as marvellously effective. It is not claimed by our informant that one application completely removes the hair, and its regular use, one or two days apart will quickly and permanently destroy the hair which you wish PERMANENTLY REMOVED, ask your druggist to mix 4 1/4 drams Pulverized Sulphine Concentrate with 24 drams Zinc Oxide, and 1 dram of Powdered Orris Root, and put in a wide mouth bottle. For use, mix a little of the powder into a paste on a plate by adding a few drops of water. Apply with a narrow knife blade and remove at the end of two minutes with the back of the knife, when the dissolved hair will come with it. Repeat at intervals of two days. Many who have tried this simple and harmless treatment report astonishing results.

## SHIPPING

ALMANAC FOR ST JOHN, MARCH 5. A.M. High Tide.....10.16 Low Tide.....4.36 Sun Rises.....7.00 Sun Sets.....6.11 The time used is Atlantic standard.

PORT OF ST. JOHN. Arrived Yesterday. Str Calde Austin, 2833, Mitchell, Boston via Maine ports, W G Lee, pass and nude.

Sailed Yesterday. Str Oceano, Coffin, West Indies via Halifax. Str Wabana, Beside, Louisburg. Str Laura M Lunt, Johnson, New York, C M Kerrison, with lumber. Str Pesquid, Dinmore, Annapolis, bal, C M Kerrison.

CANADIAN PORTS. Liverpool, March 1—Clid, sch Archie Crowell, McKinley, Port of Spain. Halifax, March 4—scho Emmauel (Swed), Trajani; Gypsum King, New York; Norwenna, Louisburg; Heathcote, Louisburg; Cwocuna, Louisburg; Lady Laurier, sea.

BRITISH PORTS. Barbados, March 1—Sid, str Briardene, St John. Manchester, March 2—Sid, str Manchester Engineer, St John.

FOREIGN PORTS. New York, March 3—Sid, str Rhodesian, St John; Pontiac, Para. Rockland, March 4—Ard, schs Lucia Porter, New York; Sarah Eaton, do.

## AN EASY WAY TO REMOVE SUPERFLUOUS HAIR

For the benefit of our lady readers who suffer from the humiliating disfigurement of hair on face, lips or chin, we publish herewith a formula which has the advantage of being simple and inexpensive, as well as marvellously effective. It is not claimed by our informant that one application completely removes the hair, and its regular use, one or two days apart will quickly and permanently destroy the hair which you wish PERMANENTLY REMOVED, ask your druggist to mix 4 1/4 drams Pulverized Sulphine Concentrate with 24 drams Zinc Oxide, and 1 dram of Powdered Orris Root, and put in a wide mouth bottle. For use, mix a little of the powder into a paste on a plate by adding a few drops of water. Apply with a narrow knife blade and remove at the end of two minutes with the back of the knife, when the dissolved hair will come with it. Repeat at intervals of two days. Many who have tried this simple and harmless treatment report astonishing results.

## TO PREVENT THE GRIP

LAXATIVE BROMO Quinine removes the cause. There is only one "BROMO QUININE." Look for signature of E. W. GROVE. 25c.

## FALLS FROM CHURCH GALLERY INTO SINGING CONGREGATION

Remarkable Experience at a Calgary Service—Escapes Unhurt

Calgary, Alta., March 5—Falling from the gallery of a church to the ground floor without hurting himself was the singular experience of a young man in the Central Methodist church here during special anniversary services of the congregation. Bishop George A. Quale of St. Paul, Minn., was the special preacher.

The young man was taking part in the service for fervently singing a hymn in the front row of the gallery when he lost his balance and fell among the members of the congregation below as they were standing singing. The young man was carried into the basement but speedily recovered remaining that it was a good thing to have a thick skull sometimes.

Experiments have proved that a single hair will suspend four ounces without breaking, stretching under the process and contracting again. But the hair thus weighted must be dark brown, for blonde hair breaks when a weight of 2 1/2 ounces is suspended from it.

## Daily Hints For the Cook

ORANGE WHIP. Gelatine, 1/4 cup cold water, 2 1/2 cups boiling water, 1 cup sugar, 1 cup orange juice and pulp, juice of 1 lemon, 2 egg whites (or 1). Use the amount of gelatine ordinarily required for 4 cups of liquid. Soak it in the cold water until soft, add hot water and sugar, stirring until clear. Add fruit juice and mix thoroughly. Chill in pan of cold water and when quite thick beat until frothy; then add stiffly beaten egg whites and beat together thoroughly. Set away to harden and serve with whipped cream.

CHIFFONADE SALAD. Cut celery into one-inch pieces, and pieces into straw, until one cup is obtained. Remove the pulp from grapefruit, making one cup. Remove the skin and slice four medium-sized tomatoes. Break cherry leaves into pieces for serving. Marinate all separately with French dressing. Arrange in separate mounds on a serving dish. Garnish each with chopped olives, green peppers cut in strips and parsley. Pass French and mayonnaise dressing.

## For Rough, Wrinkled, Freckled, Pimpled Skin

(From the Woman's Home Journal.) As March winds, flying dust and dirt, are apt to injure any complexion, this information will be of special value right now. If you have any cutaneous blemish, don't use paint, powder or anything else to cover it up. Too often this only emphasizes the defect. Besides, it's much easier to remove the disfigurement with ordinary marcolized wax. Applied nightly, the wax will gradually remove freckles, pimples, blackheads, moth-patches, yellow, red or yellow blotches, or any surface eruptions. The affected cuticle is absorbed, a little each day, until the clear, soft, youthful and beautiful skin beneath is brought wholly to view. Ask the druggist for an ounce or marcolized wax and a wash lotion made by dissolving an ounce of powdered axolite in a half-pint witch hazel will prove wonderfully effective.



AREN'T facts worth more than phrases? Judge this, your dealer will return your money unless—

Regal Flour yields the best quality and the utmost quantity of bread per barrel; light, white loaves: flaky pastry.

You try

## REGAL FLOUR

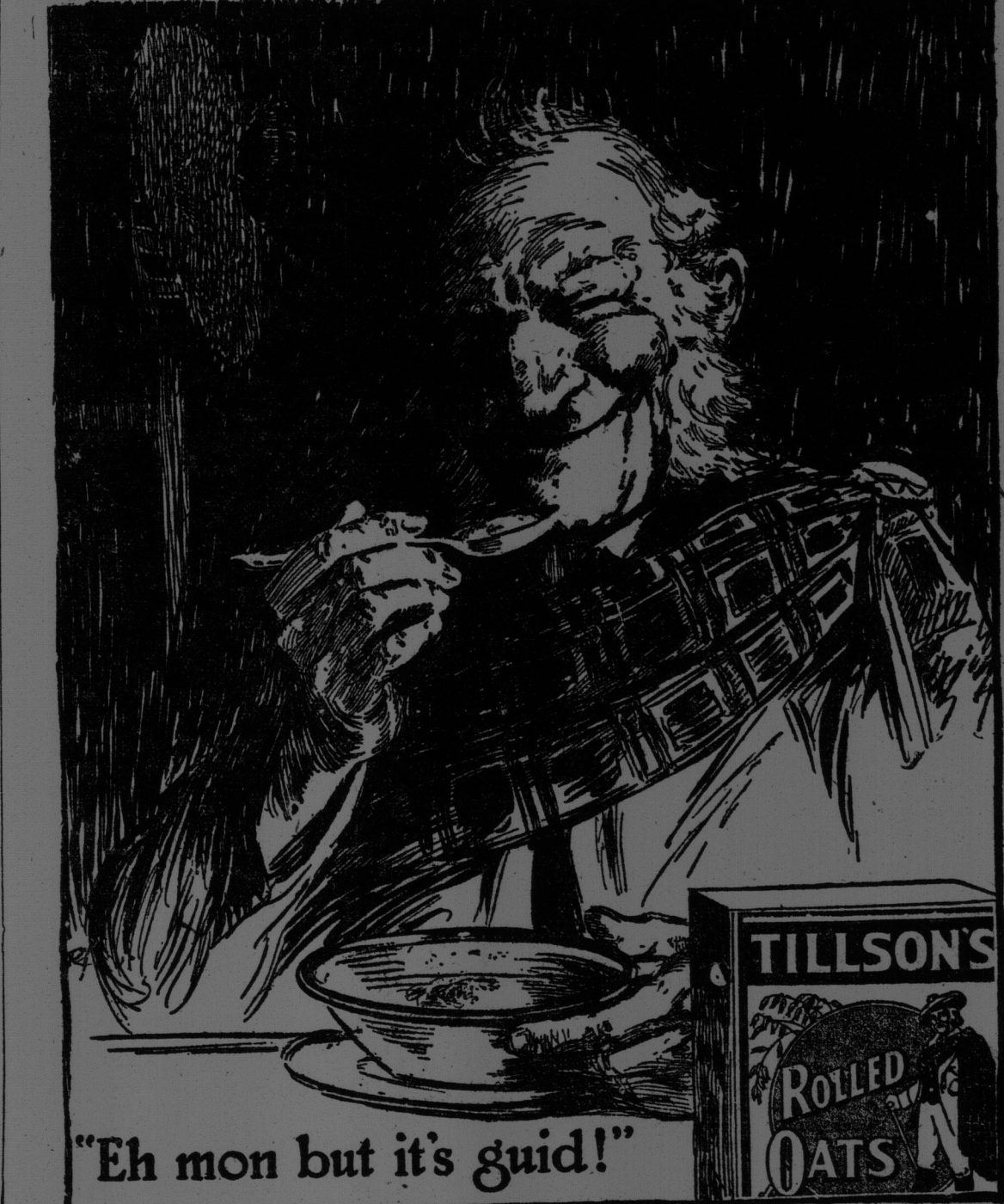
LICENSE VOTE GAINS IN VERMONT ELECTIONS

Montpelier, Vt., March 4—A marked increase in the license vote was one of the features of the elections in the cities and towns of Vermont today. Returns from half the voting places on the eight constitutional amendments submitted to the voters indicated that all of them were carried, including the one changing the date of the state election from September 10 to November. Seven towns changed from no license to license, while only two places, including the small city of Vergennes, went from "wet" to "dry." The cities of Burlington, Rutland and St. Albans voted to remain in the license column. Montpelier and Barre continue the no-license policy by narrow margins.



Are You Interested In Spring Furniture? Drop In And See Our New Arrivals!

J. MARCUS, - 30 Dock Street.



"Eh mon but it's guid!"