

The Boon Of Health Makes Manly Men.

(From Statistic Student)

Private statistics of a physician with a national practice, indicate that fully fifty per cent of middle-aged men are partly or wholly deficient in ability, manliness and health. If men could only know the meaning of the usual symptoms which precede the coming of premature age many could be saved from misery, despondency and an early grave. Symptoms should not be confounded with disease, but should be accepted as warnings of the approach of disease.

That many may know what to do when such symptoms exist the following symptoms and prescription are published:

A premature break-down of vitality is indicated by dull, sunken eyes, cold, extremities, back-ache, headache, fatigue, pains in small of back, pains in back of head, spots before the eyes, weakness in spine, twitching and trembling, impaired memory, loss of appetite, wasting, thinness (or abnormal fat), shrunk, flabby flesh, wrinkles, dullness, languor, constipation, kidney disorders, irritability, lack of ambition, timidity, weak-spirited, dragging walk and unmanly carriage.

If the reader decides to try it, get three ounces of ordinary syrup of sarsaparilla compounded, and one ounce compound fluid balsamwort; mix and let stand two hours; then add one ounce compound essence tartaric and one ounce tincture (sediment compound) (not cardamon), mix all together, shake well and take a teaspoonful after each meal and one at night.

This contains no opiates whatever and may also be used by women who suffer with their nerves with absolute certainty of prompt and lasting benefits.

By preparing the treatment at home several no one need know of another's trouble, while the ingredients are much used in filling various prescriptions, so that even the purging their weary length through the German courts, entailing but only enormous expenditure in the matter of legal costs, but also the swindling of poor and credulous people, who have been putting up money to aid the cause of the plaintiff.

Daily Hints For the Cook

BAKED PRUNES

Soak a pound of French prunes, drain them and put in a covered baking pan with about a cupful of cold water; add a cupful of sugar, half a lemon and three cloves. Cover the vessel and bake slowly for three hours. If whipped cream is added to the prunes when cold the fruit will seem two or three times as delicious.

SILVER LAYER CAKE

Beat gradually one cup sugar into one third cup creamed butter. Into half cup of cornstarch and 1-4 cups flour, add 2-2 teaspoons baking powder. Take half cup of milk and add to creamed mixture by degrees, alternately with the sifted flour, etc. Flavor with one teaspoon lemon or vanilla extract and turn into still heated white of three eggs.

DANISH PUDDING

Eight eggs—beaten into three tablespoons of sugar; stir in into one quart of boiling cream or milk; you can do it no better. Melt in an ordinary spider one third pound of brown sugar till it is a syrup, stirring all the time. Pour this into a pudding dish, which should be placed in a dripping pan of hot water, then pour the custard on top of syrup and bake the oven until the custard is firm. Turn out on dish just before serving and a fine addition is to cover with whipped cream, though this is not necessary.

SHIPPING

ALMANAC FOR ST. JOHN, APRIL 1. A.M. High Tide.....11.12 Low Tide..... 5.28 Sun Rises..... 6.10 Sun Sets..... 6.46 The time used is Atlantic standard.

PORT OF ST. JOHN.

Arrived Saturday.

Sch W. Cooper, 159, Smith, Boston, A. W. Adams.

Arrived Sunday.

Sch Empress of Britain, 824, Murray, Liverpool via Halifax, C. P. R.

Sch Bray Head, 1,054, Butt, Port Talbot, Wm Thomson & Co.

Sch Lisago, 2,865, Paterson, Louisburg, Dominion Coal Co.

Sch Corinthian, 4,045, Rennie, London and Havre, Wm Thomson & Co.

Sch St Bernard, 124, McLeod, New York, C. M. Kerrison.

Sch Crossinbo, Tufts, Boston, A. W. Adams.

Sch Lotus, Buck, Boston, C. M. Kerrison.

Sailed Saturday.

Sch Victorian, 6,444, Ostram, Liverpool via Halifax.

Sch George Pearl, 118, Olsen, Vineyard Haven, f. o.

Sch Vere B Roberts, 124, Roberts, Salem, f. o.

Sch Nettie Shipman, 287, Whelpley, City Island, f. o.

Sch Jennie A Stubbs, 165, Berryman, City Island, f. o.

Sch John G Walters, 200, Walters, City Island, f. o.

Sch Minnie Slason, 271, Dickson, City Island, f. o.

Sch J Arthur Lord, 180, Smith, Boston.

Sch Peter C Shultz, 273, Britt, City Island, f. o.

Sailed Sunday.

Sch Rosanna, 2,877, Bailey, Louisburg.

Sch Willahad, 2,012, Hageneyer, Hamburg.

MARINE NEWS.

The Head line steamer Bray Head, Captain Murphy, arrived in port yesterday morning from Liverpool with 1,282 passengers. Among those on board were J. Norton Griffiths, M. P. and Rev. J. O. Smith and Rev. N. V. Wilson, who are going to the west to establish a Catholic college in Calgary. This is the steamer's last trip to this port season.

TO CLEAN MARBLE

When marble is discolored by grease or any stain, mix two parts of common washing soda with one part of chalk and one grain of pumice-stone, says an ex-chantier. Have all finely powdered and mix into a paste with water. Rub it well over the marble, and a few hours later wash off with plain soap and water.

La MARQUISE de FONTENOY

The Marquis of Queensberry's Affairs—End of Long Court Fight Over

(Copyright, 1912, by the Brentwood Company)

Lord Queensberry last week conducted an auction sale in New York of his furniture and curios brought over from England. Some fairly large prices were obtained. A little after his arrival here last fall, proceedings in bankruptcy were instituted against him and, although he returned to England for a few days about Christmas time to see his children, he does not seem to have paid any attention to the summons issued by the judge of the London bankruptcy court, to appear before him. The judge on learning of this visit and on it being shown that the marquis had liabilities of about \$80,000, also that he had been bankrupted before, issued an order for his attachment, in the event of his ever again coming within British jurisdiction.

The sale of his furniture realized nearly \$100,000 on the first day of the auction. It may be that the marquis has also had in mind of devoting all the proceeds of the sale of his furniture and curios to the benefit of his English creditors.

Lord Queensberry, when he arrived in the States in the fall, announced his intention of becoming an United States citizen with out delay. I cannot find that he has even taken out his first papers.

A Fortune Myth

For many years, legal proceedings, recalling in certain phases the Madame Humbert fraud, and the bogus millions of the non-existent Crawford, have been dragging their weary length through the German courts, entailing but only enormous expenditure in the matter of legal costs, but also the swindling of poor and credulous people, who have been putting up money to aid the cause of the plaintiff. Briefly speaking, it seems that some seventy or eighty years ago, people named Brandt, the little German town of Aachenleben went to the late Count Charles Douglas, who, as the greatest landowner of the district, was the richest man in the district, and asked him to give him a lot of papers in his hands. But after going over them, he informed them that the affair seemed to him to be very suspicious and warned them not to base any hopes thereon. He at the same time gave them back their papers.

Nothing more was heard about the matter until 1888, when the Brandts started in Amsterdam, the Brandts, the oldest son and principal heir of the late Charles Douglas, and who owns vast estates in Sweden, insisted, that his father, Count Charles Douglas, had retained possession of the papers, and that the Brandts had made use of them to appropriate to himself with the connivance of the late Prince Bismarck, the Brandts, the oldest son and principal heir of the late Charles Douglas, and who owns vast estates in Sweden, insisted, that his father, Count Charles Douglas, had retained possession of the papers, and that the Brandts had made use of them to appropriate to himself with the connivance of the late Prince Bismarck, the Brandts, the oldest son and principal heir of the late Charles Douglas, and who owns vast estates in Sweden, insisted, that his father, Count Charles Douglas, had retained possession of the papers, and that the Brandts had made use of them to appropriate to himself with the connivance of the late Prince Bismarck.

The courts eventually brought to light the absurdity of the claims made, and clear the fact, in the first place by documentary evidence, that the late Charles Douglas had returned the papers to the Brandts, and, secondly, that neither he nor any member of his family had ever benefited one penny piece by any Brandt money finally, that the alleged Brandt fortune in Amsterdam, like that of the Crawfords in the Humbert case, never existed, either in Amsterdam or anywhere else. The Dutch authorities also showed that there were no papers among the records of any department of the Netherlands government showing that such a thing as a Brandt estate or Brandt fortune had existed.

The matter has been carried on appeal from one court to another, until finally the supreme court of the German Empire sitting in Leipzig, has affirmed the judgment of all the lower courts in favor of the Douglas, by adding to the judicial records the fact that such a thing as a Brandt estate or Brandt fortune had never existed.

The family

Count Louis, the head of the family, is the chief of the Scandinavian branch of the historic Scotch house of Douglas, to which the Duke of Hamilton and the Marquis of Queensberry belong. Count Louis is also the grandson of the sovereign Grandduke Louis I. of Baden. The latter, who reigned from 1818 to 1858, contracted a morganatic marriage with Catherine Werner, whom a little before his death, he created Countess of Langenstein and by whom he had a son and a daughter. The latter married Count Charles Douglas, father of Count Louis Douglas.

Count Louis is one of the wealthiest and most influential nobles in Sweden, was the grand master of the household to King Gustavus after his marriage, afterwards minister of foreign affairs at Stockholm, and also ambassador at Berlin. He is a Knight of the Order of St. Seraphim which is the Swedish counterpart of the English Order of the Garter, and is rarely conferred. He had a brother named William, who has often been wrongly described as his twin, which is not the case, although both were born in the same year, one in January, and the other the following December. William became a German citizen. Louis remained a Swede and inherited the ancestral estates in Sweden; whereas William went into the German service, and became a major general in the Prussian army, and succeeded to most of the estates which his mother had inherited from her father, Duke Louis I. of Baden.

Count Louis displays all the hereditary traits of the Scotch house from which he is descended, having the peculiar falling underlip, and dark complexion of the celebrated "Black Douglas." Curiously enough neither he nor his brother speaks a word of English, nor have they ever visited the Land which is the cradle of their race.

The Evening Chit-Chat

By RUTH CAMERON

SHE means so well that I suppose it is a shame to find fault with her, but really—

"She" is the ultra-enthusiast. Enthusiasm is undoubtedly one of the qualities that most easily wins popularity. Everyone likes a man or woman who is a live and interested and enthusiastic. That's one of the reasons why we all love the young folks so—because they haven't yet lost their enthusiasm.

But just as high as the balance rises in favor of a "reasonable degree of enthusiasm, just so low I think it sinks under an "unreasonable degree of unreasoned and forced enthusiasm.

Perhaps I'm a little in calling it "forced" and "unreasoned," but truly, I can't believe that any such abnormal amount of fervor and emotion as the ultra-enthusiast displays on every occasion is entirely natural and spontaneous. Of course, you know her type. Everyone does. She is always in a fever of enthusiasm over something or other. Sometimes her own affairs, and sometimes it's yours. She has always just had the loveliest time, or she has the most interesting thing to tell you, or she's just found the most wonderful bargain. Superlatives are the breath of life to her. She really couldn't live without them. So are gestures and exclamations, terms of endearment and continual laughter. She wouldn't say more than five minutes without this sort of an accompaniment than an ordinary person could talk without a tongue.

You ought to be delighted when her enthusiastic interest turns towards yourself, and perhaps you do enjoy it in homeopathic doses. But if you ever have to take her allopahthical, you are sure to be sickened.

And all the time she is wondering why, when she takes such an interest in people and means so well, they don't like her better—that is, if she is a person of sufficient discrimination to know that they don't.

Perhaps I am talking to some such friend even now, and he or she has already decided to be brave enough to try to help, tactfully if possible, decisively any way. I sincerely hope so.

FREE IF IT FALLS

Your Money Back if You are not Satisfied With the Medicine I Recommend

WOMEN'S CANADIAN CLUB

Address by Mrs. Bowler—The Tribute to Mr. Spencer—New Members

The meeting of the Women's Canadian Club Saturday evening in Keith's assembly rooms, was one of the most successful held by the club. There were many of the members present, while members of the Men's Canadian Club, of the common council, the school board and other citizens, helped to crowd the lecture room.

Mayor Frank, Bishop Richardson, T. H. Estabrook and Magistrate Ritchie were called upon by the president and each of them made a few remarks on her address.

During the last part of the evening in recognition of Mrs. McGovern's refreshments were served. Mrs. H. B. Schofield presided at the table, assisted by Mrs. Frederick Schlegel, Mrs. J. W. King and Mrs. Alward posted.

The minutes of the last executive meeting of the Douglas was due to be referred to the club's tribute to the veteran post, H. L. Spencer, and the president expressed her appreciation of the hearty manner in which all the members joined. Her remarks and the reading of a letter of which reference was made to his gratitude for the splendid tribute paid to him by the Women's Canadian Club, and his appreciation of their generous sympathy, were received with applause by the audience.

The new members added to the club are: Mrs. Robert McIntyre, Mrs. George H. White, Mrs. L. B. Knight, Mrs. Wilson, Mrs. J. St. Clair Southernland, Mrs. E. G. Evans, Mrs. Ralph March, Mrs. Clifford S. Williams, Mrs. Herbert W. Wetmore, Miss J. Sedler, Mrs. Atchison, Mrs. Joseph Murdoch, Miss Catherine Murdoch, Miss Knodell, Mrs. Rupert Rive, Miss Rhoda Alcock, Mrs. W. White, Mrs. Percy Bourne, Mrs. R. G. Halsey, Mrs. James Walker, Mrs. Alfred Wilson, Mrs. C. H. Ferguson, Mrs. Baitton, Mrs. Sherwood, Miss Mrs. F. E. Sayre, Mrs. James Jack, Mrs. James Stirling, Mrs. Boper, Miss B. N. Boy, Miss J. Parks, Mrs. Philip Grand, Mrs. A. M. Belding.

CASCARETS CLEANSE LIVER AND BOWELS

No Biliousness, Headache, Sick, Sour Stomach, Indigestion, Coated Tongue or Constipation

Purred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give you a thorough cleansing inside and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months. Millions of men and women take Cascaret now and then to keep their stomach, liver and bowels regulated. Don't forget the children—their little insides need a good, gentle cleansing, too.

THE EAST AND THE WEST

A new phase of the immigration and emigration problems of the east was discussed by J. A. M. Atkins, M. P., for Brandon, Man., who is to address the Canadian Club this evening in Keith's Assembly rooms, in an interview yesterday. Mr. Atkins said that the west needed a large number of stamens from the east to help leave the crowds of foreigners who are crowding into the country and unless it had them the west would, speedily become foreign. He suggested, however, that it is the duty of the federal government to replace every new settler to take their place. This emigration, he said, would help in the assimilation of the new people who are arriving in Canada.

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The only place to get this is 30 Dock St., or Phone 1373 and we will reserve one for you.

FURNITURE AND CARPETS—J. MARCUS, WE RETIRE BABY CARRIAGES

IN THE CHURCHES

The newly inducted pastor of St. Andrew's Presbyterian church, Rev. J. H. McViear, D. D., formerly of New Glasgow, occupied the pulpit for the first time yesterday. Large congregations heard him at both services and were impressed with his earnestness and his ability as a preacher. At the morning service he expressed his appreciation of the welcome extended to Mrs. McViear and himself.

Rev. Miles F. McCutcheon, in an address on religion and social movements, before the Portland Y. M. A., on Sunday afternoon, discussed the subject in an interesting and practical manner with special application to present day problems. He urged Christianity as the only solution of social problems.

The vote on Church Union was completed in the Carlisle Methodist church last night. The vote stood ninety-five for and thirteen against.

Rev. W. A. Ross, traveling secretary of the New Brunswick Sunday School Association, occupied the pulpit in Calvin church last night. He gave a very interesting address.

His Lordship Bishop Richardson administered confirmation to twenty-seven candidates in St. Luke's church yesterday morning. Fourteen of the number were males.

Rev. H. D. Marr delivered a strong address at church union in the Portland Methodist church yesterday morning.

Rev. Howard Sprague, D. D., dean of theology at Mt. Allison University, a former pastor, occupied the pulpit at Centenary church last evening and presented a very able sermon.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature on each box. 25c.

IN THE SUNNY SOUTH

"Has youth perhaps staid his apron plow yet, Bill?" "Waal no, Jim ain't staid his fall work yet—he's powerful far behind in fashin'."

TOMORROW'S MENU

- Tomato Soup
Fried Fish, in Crumbs
Duchess Potatoes
Veal Steak
With Creamed Potatoes and Green Peas
Baked Apple Dumplings with Almond Custard
Tea, Coffee, Cocoa

COMPLAINTS

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ONE DOLLAR GAS IS THE IDEAL FUEL, SAVING TIME AND LABOR AND PREVENTING MUCH ANXIETY

You can rest longer in the morning, because there is no kindling or coal to bother with and no ashes to dirty up the kitchen or your hands and clothing. All you have to do is light a match, turn a tap and you have a working flame at once. Nothing further remains but to put on the kettle and get breakfast, which, like dinner and tea, is much more easily and cheaply cooked than with coal, coke, wood, gasoline or kerosene.