

YOUTHFUL APPEARANCE

An Asset To Every Woman Gray Hairs a Source Of Discontent

Every woman wishes to look young always. Gray hairs mean the passing of youth's charm. They are the source of many a heartache to many and many a woman. But they need not be. Hay's Hair Health restores gray hair to its natural color. It is not a dye. By its tonic qualities, by promoting a new vigorous, healthy growth of the hair, by removing dandruff, by furnishing to the scalp and the hair-root a new life it brings back the real color and lustre of the hair.

SHIPPING

ALMANAC FOR ST. JOHN, MAR. 17.

High Tide, 8.17 Low Tide, 10.14 Sun Rises, 6.37 Sun Sets, 6.28 Time used is Atlantic standard.

PORT OF ST. JOHN

Arrived Yesterday. Sch'r Walter Miller, 118, Smith, St Martins, C M Kerriou, with 120,000 feet spruce and hardwood lumber. Sch'r R Carson, 59, Tingley, Rockland, C M Kerriou, bal.

CANADIAN PORTS

Halifax, March 16-Ard, stmr Briardene, Demerara via St John; Ionian, Glasgow. Ard-Sch'r Kenneth C. New York. Beaver Harbor, March 14-Ard, sch'r Minnie Slauson, Hilsen, for St John.

BRITISH PORTS

Glasgow, March 16-Ard, stmr Athina, St John. London, March 16-Ard, stmr Corinthian, St John. Manchester, March 15-Steamer, stmr Manchester Marine, St John direct, London, March 15-Steamer, stmr Montreal, McNair, St John.

FOREIGN PORTS

Havana, March 9-Sid, sch'r Rothesay, Penzance. Boston, March 18-Cld, sch'r Pesquid, Bear River. March 18-Sid, sch'r St Anthony, Parrisboro. Sunderland, R I, March 16-Ard, sch'r Manchester Hayes, Portland. Portsmouth, March 16-Ard, sch'r Wincennes, New York; R M Walls, New York.

Steamer Almost Lost

Only through the prompt and heroic efforts of the officers and crew of the Manchester Liner Manchester Port, was the vessel brought from mid-Atlantic into port at Manchester on Feb. 21, according to word received here yesterday. The Port had as cargo 156,000 bushels of grain and other general freight from this port. While in mid-Atlantic a great sea struck the ship sweeping her from stem to stern, smashing her bulwarks and carrying away everything in its path. The ventilators were torn away, hatch cover loosened, the engine room flooded and fire extinguished. The water, getting at the grain, swelled it and there was danger of it bursting the plates open. The sea swept so high as to dent the funnel and almost carried it away.

"W" Instead of "Wash."

Spokane, Wash., March 17—Because residents of Quincy, Wash., often get mail intended for Quincy, Mass., they have started a movement to change the abbreviation designating the state named in honor of the nation's first president. They think "Wash." should be abbreviated still further to "W."

A FASHION HINT



White tulle dancing dress embroidered with gold in delicate design. All lines are kept very girlish and simple in such frocks.

NEW RULES PROVIDING FOR THE CARING FOR DISTRESSED SEAMEN

The Imperial Merchant Service Guild have received a pamphlet from the British Board of Trade containing statutory rules and orders with regard to distressed seamen under section 40 of the Merchant Shipping Act. The following amongst others have now become law—

Under Paragraph 2, Article 7, distressed seamen are to be relieved and maintained upon the most reasonable terms possible but only until employment can be found for them or arrangements made for their return to a proper return port.

Article 8. Distressed seamen may, if necessary, be supplied with clothing and bedding but in no greater quantity or of better quality than is absolutely required. Officers are to be furnished with clothing of the same quality as that supplied to seamen, a point upon which the guild are communicating with the board of trade. Medical advice and medicine may be provided when necessary.

Paragraph 11 contains the following interesting announcement—"A proper return port may be either the port at which the seaman was shipped or a port in the country in which he belongs."

Section 14. In cases in which it is found impossible to arrange for a seaman's return as prescribed in the two preceding regulations, the proper authority may provide for his maintenance during the journey, or provide him with means to pay those expenses.

Article 17 contains the following important announcement—"On arrival at the port to which a seaman has been conveyed the master shall produce the conveyance order to the proper authority, and on satisfying him that the seaman has been so conveyed, maintained and provided for by him in excess of

"CASCARETS" RELIEVE SICK, SOUR STOMACH

Move Acids, Gases and Clogged Waste From Liver and Bowels

Get a 10-cent box now. That awful sourness, belching of acid and foul gases; that pain in the pit of the stomach, the heartburn, nervousness, nausea, bloating after eating, dizziness and sick headache, mean a disordered stomach, which cannot be regulated until you remove the cause. It isn't your stomach's fault. Your stomach is as good as any.

Try Cascarets; they immediately cleanse the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels. Then your stomach trouble is ended. A Cascaret tonight will straighten you out by morning—a 10-cent box from any drug store will keep your stomach sweet; liver and bowels regular for months. Don't forget the children—their little insides need a good, gentle cleansing, too.

the number, if any, wanted to make up the complement of his crew, shall be paid at the following rates: For mates and engineers (certificated and uncertificated), surgeons, chief stewards, chief purser, wireless operators and apprentices (including midshipmen and cadets), four shillings and sixpence a day.

For other members of a crew, three shillings a day.

For a Lasar, one shilling and sixpence a day.

If conveyed in vessels the property of the same owners as those to which the persons conveyed have belonged, only half the above rates should be paid. As concerning officers the improvement in their case was the direct result of constant representation and agitation on the part of the guild. During the last year, several cases have been brought to the notice of the board of trade where officers and apprentices have been provided with the same accommodation as the crew, when being sent home from their ships. Very recently in a case brought before the guild one of their members, on being paid off from a sailing ship on the continent, was accommodated in the stowage of a cross-channel steamer with the remaining members of the crew.



THE STANDARD ARTICLE SOLD EVERYWHERE REFUSE SUBSTITUTES

How to Remove Hairs from Chin, Lip or Cheek

(Beauty Culture.) It is an easy matter to banish every trace of objectionable hair and leave the skin soft and smooth and free from blemish. Just get a small, original package of powdered delatone and with water mix enough paste to cover the hairy surface. Let this remain on the skin for 2 or 3 minutes, then remove, wash the skin and the hairs are gone. No failure will result from this treatment, but be certain it is delatone you get.

INTERESTING THE JUNIORS

Local development organizations in many sections and especially in the larger cities of the United States have devised means for securing the interest of the younger generation in civic, commercial and educational affairs. In some cases a kind of junior membership has been provided. In others an occasional meeting is held at which juniors are especially invited to hear addresses on subjects that will appeal to them. Sometimes an annual dinner is given to the young folks. All these movements are but various manifestations of a determination on the part of the fathers to interest the young folk at an early age in the affairs that they must take a prominent part in in later years.

Keys of a piano can be cleaned by wiping them with milk.

Worry Stops Digestion and Destroys the Nerves

This Letter Tells of Case Which Baffled Doctors—Lasting Cure Effected by Dr. Chase's Nerve Food

If you only worry enough, digestion will stop entirely. Worry and anxiety consume nerve force at a tremendous rate. Blood rushes to the brain to renew the wasted nerve cells, and other parts of the body must suffer accordingly. When the nervous system is consumed by the brain in worry, there is not sufficient left to run the machinery of digestion. This why nervous, irritable, worrying people usually suffer from indigestion and fail to derive from the food they eat the nourishment essential to the maintenance of health.

"Laugh and grow fat" is an old saying laden with value for nervous people in particular. Drop the worry habit and use Dr. Chase's Nerve Food and you will soon get the nervous system restored to good condition. Digestion will improve, appetite will return, and you will find such symptoms as headache and sleeplessness fast disappearing.

Mrs. Fred Jensen, 60 Gladstone avenue, Windsor, writes to me: "I have used Dr. Chase's Nerve Food for nervousness and stomach trouble and never found any better remedy. I was a nervous wreck. Doctors gave me up as incurable, but now I feel well again and have recommended Dr. Chase's Nerve Food to several people suffering as I did, and they have also been cured by its use. I am fifty-one years old, do all my own work, and am very thankful that I learned about this great medicine. I am satisfied that my cure is lasting and want others to benefit from my experience."

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

Daily Hints For the Cook

Baked Beans.

One pint beans soaked over night. Strain off water in morning. In the bottom of beanpot put small onion; put in beans, add one teaspoonful each of salt, sugar, mustard; cut in cubes half pound of lean pork, add three tablespoons of dark molasses and pour cold water over all. Bake at least eight hours and use cold water all through the baking. Do not parboil beans, for they are never as nice.

Southern Spoon Bread.

One-half a cup of sifted cornmeal, one cup of boiling water, one dessertspoon of butter, half teaspoon of salt, half cup of sweet milk, one egg. Upon the meal pour the boiling water, stirring it well to make it smooth. Let cook rather briskly for five minutes, add the butter and salt, stir well. Take from the fire, add the milk and the egg well beaten. Pour into a well-buttered shallow baking dish and bake for twenty minutes in a moderate oven, letting brown carefully before removing. Serve from the dish in which it was baked with a tablespoon.

Lieut. Albert N. Hofstetter of the Evanston Ill. fire department, rose in the ranks quickly when he was given two promotions in one afternoon. He was first made captain and when the chief of the department resigned was immediately promoted to take his place.

"Without Doubt"

We Would Sell Every Pound of Tea Consumed in Canada.

If we could persuade everyone to taste

"SALADA"

We will gladly mail you a Free 2 oz. packet, so that you may try it at home.

Send us your address on a postal, say whether you drink Black, Mixed or Green, and the price you are now paying 30c, 40c, 50c or 60c per pound.

Address "Salada" Toronto.

Other Grades of "Salada" are sold at 30c, 40c, 50c, 60c Per Pound, and all of Matchless Value for prices charged.

RUGS CARPETS

You really should come in and see our New Spring Stock of New Wilton Rugs and Carpets, New Velvet Rugs and Carpets, New Brussels Rugs and Carpets, New Tapestry Rugs and Carpets, and a complete line of English Oilcloths and Linoleums, both inlaid and printed.

The variety of designs and color effects are beyond description, and appreciated only by your personal inspection. Our usual courteous treatment will be extended to you whether you purchase or not.

As a special inducement for early shoppers, we are selling for this week only:

- Best Grade English Oilcloth..... at 31c. per yard
Best Grade English Linoleum..... at 44c. per yard
Best Grade Inlaid Linoleum..... at 87c. per yard

J. MARCUS 30 DOCK ST. STORE OPEN EVENING

GET THE GENUINE

Natural Product

Let us tell you what's in a bottle of

Red Cross Gin

Made in Canada

It's perfectly pure — distilled from best Canadian grain and choice juniper berries—aged 2 years or more in bond — thoroughly matured when placed on the market.

Imported gins are subject to no official control, whether at the distillery or at the port of entry.

LOOK

for the date of Distillation certified by the Government Stamp on each Bottle of RED CROSS GIN.

For Sale Everywhere

BOIVIN, WILSON & COMPANY, LIMITED AGENTS MONTREAL.



Does the freshness of your food mean anything to you?

There's only one answer—a decided "Yes!" Then do you know that you can't buy a stale package of

Kellogg's CORN FLAKES

The reason? Because your grocer gets it right from the factory in small quantities—and because Kellogg's are quick sellers and do not remain long on the shelf. We encourage merchants to place small orders often rather than large ones. This is why you get Kellogg's Corn Flakes with all their oven-freshness. 10c per package. Look for the signature.

Horlick's Malted Milk

BEST DIET for INFANTS and INVALIDS

Pure Full-cream milk and the extract of selected malted grain, reduced to powder form.

Get the Well-Known Round Package

Delicious, Invigorating Nourishing The Food-drink for All Ages. Superior to tea, coffee, cocoa. A quick lunch digested by the weakest stomach; prepared in a moment by briskly stirring the powder in hot or cold water. Keep at home or when travelling. In Lunch Tablet form, also, ready to eat.

Ask for HORLICK'S Original-Genuine All Chemists, Hotels, Cafes and Stores. FREE SAMPLES UPON REQUEST. Apply to Gilman Bros. & Co., Dept. M., Montreal, Can.

"STEEERO" BOUILLON CUBES

Each "Steero" Cube contains everything needed to make a cup of perfect bouillon. And it's surprisingly simple to prepare: Drop the "Steero" Cube into a cup, add boiling water, the cube dissolves at once. Send for free sample and try 2 cups of "Steero" at our expense. Sold by Druggists and Grocers. American Kitchen Products Co. of Canada, 2815 Lyman's Building, Montreal. 4 cubes 10c, 10 cubes 25c.

