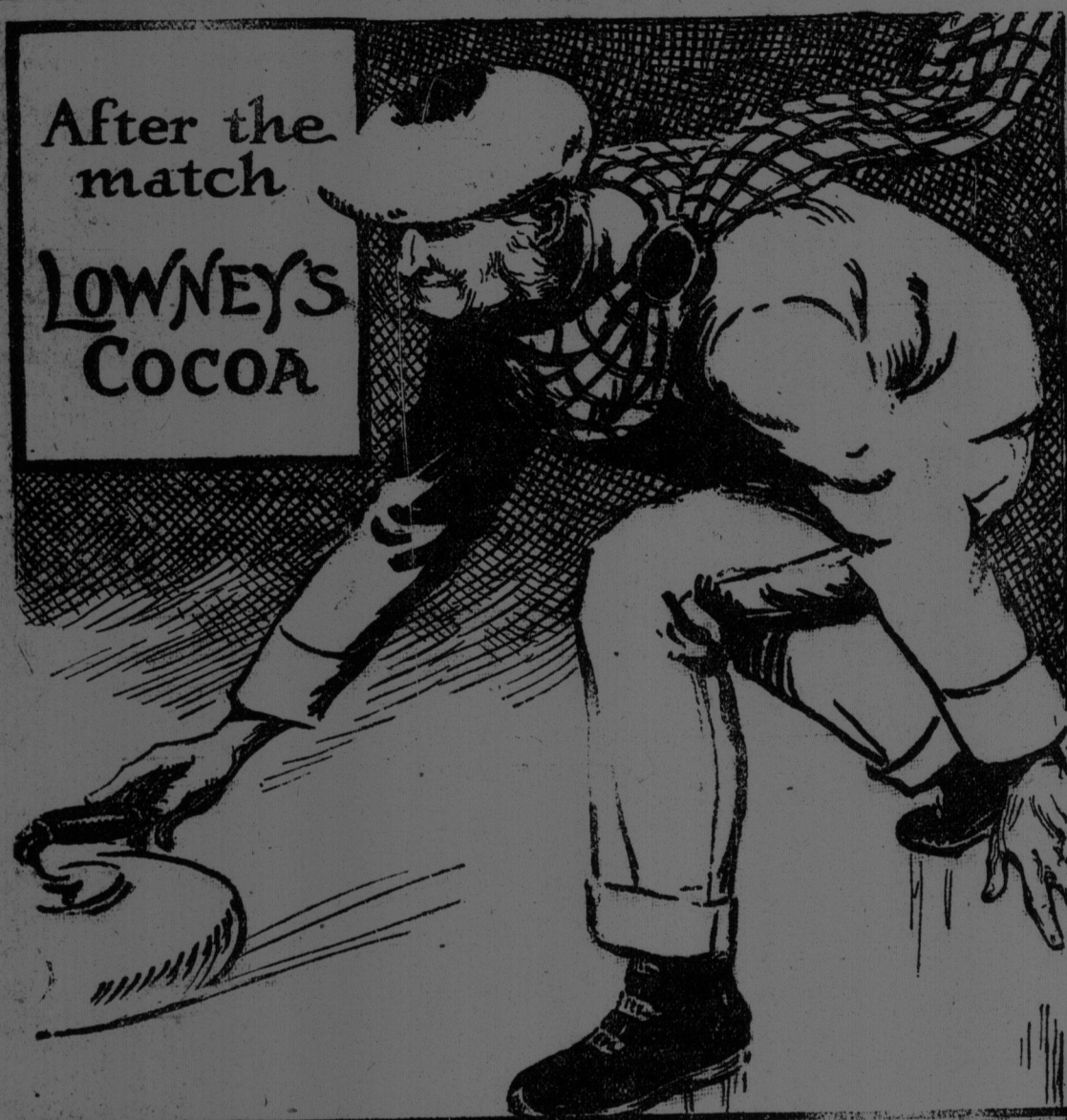


After the match
LOWNEY'S COCOA



Lowney's shows you how cocoa ought to taste.

REV. J. H. A. ANDERSON AT THE EVERY DAY CLUB

It was a message of cheer which Rev. J. H. A. Anderson brought to the Every Day Club last evening. His subject was The Growing Kindness of Life. Despite the fact that some who are sore pressed might not assent to the statement there is such a growing kindness, and it is manifest in the churches, which have a wider outlook. It is seen also in all moral and religious forces. There is more of brotherliness abroad.

In all the cities there are institutions, in the church and out of it, working for social betterment. The speaker drew illustrations from Chicago, Rochester, New York, Boston and Canadian cities, which show an attempt to get into closer touch with conditions that were disregarded in former times. In spite of all that is said and dark and selfish, the tendency toward brotherhood is evident. It is seen in the industrial world, in a better understanding and greater fairness toward each other between employer and employed, even in this age of strikes. The musical programme last evening was excellent. There was a whistling solo by Walter Nixon, a duet by Misses Smith and McCluskey and a vocal solo by Fred Irvine. Rev. G. A. Lawson, of Moncton, and Rev. Mr. Fletcher were in the audience. We see the same spirit in the general at-

tention for better housing and the inquiry concerning conditions generally that should be improved. It is seen also in the administration of the law. We hear more talk about juvenile courts and child's protection acts than ever before. St. John is beginning to move in this matter and the conditions will improve. There is a new conscience, a new spirit, a new outlook, a new vision dawning. It means that God is moving in the world and calls to us to interest ourselves in the movements which mean so much for the world's welfare. The musical programme last evening was excellent. There was a whistling solo by Walter Nixon, a duet by Misses Smith and McCluskey and a vocal solo by Fred Irvine. Rev. G. A. Lawson, of Moncton, and Rev. Mr. Fletcher were in the audience. We see the same spirit in the general at-

Little Beauty Chats

By BLANCHE BEACON

A Serious Beauty Fault

No matter how shapely the arms, they will lose a large portion of their charms if unsightly blemishes are allowed to mar their beauty. For instance, I cannot see anything beautiful in an arm that has a red, rough skin, and am positive I am not alone in this opinion. Those of you, therefore, who wish to



own satin-smooth arms, should, before retiring at night, wash them with warm water and a fine, bland soap. In place of a wash-cloth, use a bath mitten, which, being made of rough material, will always

dampen them liberally with lemon juice and Jamaica rum. This treatment, if persisted in, will ultimately give you arms as soft and smooth to the touch as the petals of a flower.

SHE MANAGES ON \$21 A WEEK

Supports Family of Five Comfortably and Saves Something From Husband's Salary

If this sort of thing keeps on, we "high-capt" cranks will be driven off the face of the earth. Our pet hobby is the increased cost of living and incidentally it is an excuse for not being able to make both ends meet. Here is a live, wide-awake wife who successfully stretches Hubby's \$21 per week. She buys her house, feeds five mouths, clothes five human bodies, etc., etc., and manages to save something besides. She tells how it is done in Pictorial Review for January.

Our family consists of my husband, three children and myself. Our weekly income is \$21, or about \$1.60 per day. Out of this amount, we are paying for a home in monthly payments of \$20, said amount covering principal and interest. I have a set of envelopes on which are written, "Note on Home," "Table," "Coal," "Gas," etc. I divide our weekly salary as soon as it is received, placing each allowed amount in its own specified envelope. Our first weekly expenses are as follows:

Note on home \$1.25
Table 7.00
Gas 2.50
Ice50
(In winter \$1.75 goes in this envelope for coal each week, which leaves less as a balance.)
Insurance25
Weekly paper12

Total \$14.47
This leaves a balance of \$6.53. A Christmas fund was started some time ago with \$20 per week, which keeps steadily growing. When the holiday time comes, this envelope will provide the necessary amount for all expenditures.

The remaining \$6.00 is put away to be drawn upon for clothing, taxes, etc. As my husband rides a wheel to work, he has no carfare except in very bad weather. The amount for insurance, quoted in small, covering only the children and myself. My husband's services as secretary for the organization to which he belongs cover his insurance of \$2.00.

I have eliminated all laundry bills. A laundry week \$2.50 each week. I purchased a washing machine, and now do my own washing. I save not only the \$1.50 but the wear of the clothes as well.

We allow \$1 per day for food, and this amount is made to cover our needs. Our food is nourishing and good, as our excellent health proves. By avoiding the corner grocery, where prices are always high; by doing all marketing personally, watching weight as well as price, and by taking advantage of bargain sales, the saving this effected mounts to a large sum yearly. I never order by telephone, nor do I run any bills.

As to clothing, by watching for sales and buying out of season, I make one dollar take the place of two and sometimes of three. One of my greatest savings is in dyeing all clothes that have become faded, the year round. When they become faded I dye them a darker shade, and they appear like new dresses.

Our coal bill for last winter was six tons at \$6.75 per ton—a total of \$40.50. We sift, dampen and use all ashes. By covering the top of the furnace with sand put on very thick, a great deal of heat that would otherwise go towards heating up the cellar is saved and passes through the pipes into the house.

It is in the small saving in each and all of such ways that a housewife manages to run her house on a small income. To keep out of debt is the only way to make her home one of contentment, and if her income be small, she can do this only by watching every penny.

Mrs. W. C. C. District of Columbia.

DR. A. W. CHASE'S CATARRH POWDER 25c. is best direct to the diseased parts by the improved method. It is a powerful, yet gentle, and perfectly safe remedy for Catarrh and all other ailments of the bladder. Accept no substitutes. All dealers of Richardson, Bates & Co., Toronto.

Law Should Stop Sale Of Elastic And Spring Trusses

Such Misery-Causing Make-shifts Are The Ruptured Man's Worst Enemies



Dependent on elastic or spring truss—like those shown above—less than \$100 outside—such contrivances are almost sure to shorten your life. It is hard to make them hold, even when drawn so tight that they nearly give a minute's peace. They are simply a curse to wear. And because they nearly always let their victims get worse all the time, they are really long, long hours of people into making their lives by undergoing operation.

Unlike everything else for rupture, it is self-regulating, self-adjusting—instantly and automatically protects you against every strain, as your rupture can't possibly come out. And in addition to constant holding—with out which you can never get well or even get better, that a broken bone can't hold unless constantly held together—in addition to that the Clute Truss provides the only way ever discovered for overcoming the weakness which is the real cause of rupture.

Just how it does that—entirely automatically—is all explained in the free book which the coupon below will bring you.

Will Save You From Operation
The Clute Truss has such a remarkably strengthening and beneficial effect that it has completely cured hundreds and hundreds of people whose cases seemed almost hopeless.

It has so thoroughly proved its merits that many physicians in all parts of the country now recommend it instead of advising operation.

No Belt—No Leg-Straps—No Springs
This guaranteed rupture holder does away entirely with the use of belts, leg straps and springs. People say it is as comfortable as their clothing. It is water-proof—will hold in the bath. Also perforation-proof and easily kept clean.

Get World's Greatest Rupture Book
There are so many wrong ideas about rupture that we have taken the time to sum up in a book all we have learned during forty years of experience.

This remarkable book—cloth-bound, 96 pages—full of facts never before put in print. It shows why depending on elastic or spring trusses is about the worst thing you can do. Explains why doctors and many self-styled "truss-makers" should not be allowed to sell their misery-making trusses.

It exposes the humbug "applications," "methods," "massages," etc., and shows how old-fashioned elastic trusses are manufactured under false and misleading names.

It explains the danger of operation. And shows why, if you manage to live through it, you may have to keep on wearing a truss. And tells all about the famous Clute Automatic Managing Truss—how simple it is—how safe and comfortable it is—how you can test it on six days' trial without having to risk a penny, and how little it costs if you keep it.

This book gives valuable information from over 1000 benefited and cured people. The Clute Truss makes it so that this book may make a big difference in the rest of your life. Don't fail to get it—just use the coupon or simply say in a letter or postcard "Send me your book."

THIS BRINGS IT
Box 101—CLUTE COMPANY
125 East 23rd St., NEW YORK CITY
Send me your Free Book and Trial Offer.

Name
Address

MR. CONLON'S LECTURE

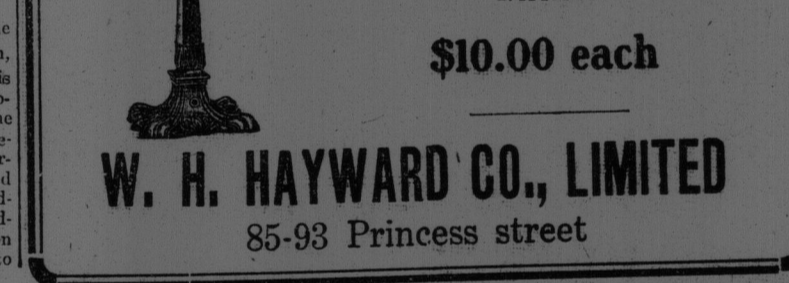
The life and career of Joseph Howe, was the subject of an address last night by Leonard A. Conlon before a large and attentive audience in the rooms of the C. M. B. A. The lecture was one of a series and was greatly appreciated.

Mr. Conlon outlined the early life of the great statesman and told of his education, his early training in journalism and his entry into public life; of how he was prosecuted for libel for an editorial which he had published criticizing and even denouncing the magistrate of Halifax. During his address, the lecturer introduced several quotations from Howe and included paragraphs from his most famous addresses. At the conclusion, Mr. Conlon received a hearty vote of thanks to which he briefly responded.

See What It Does
This guaranteed rupture holder—the famous Clute Automatic Managing Truss—is made on a absolutely new principle. It is far more than just a truss.

Electric Portables

With Art Glass Shades and Old Brass Finish \$10.00 each



W. H. HAYWARD CO., LIMITED
85-93 Princess street

This Is Christmas Buying Week All Over America

By J. R. HAMILTON
Former Advertising Manager Wanamaker's, Philadelphia

THE OLD last minute Christmas Buying idea is as dead as the Dodo. And the Dodo is about the dearest thing in literature.

It's elbow to elbow now in the biggest, busiest buying season in years. Everybody is spending money this season. Business is good, work is plentiful, crops are enormous, and pockets are straining at the leash string like a fat man out of breath.

It certainly would be a pity for any Christmas stocking to be empty in a year like this. The questions now are: What are you going to buy? Where are you going to buy it? And how are you going to get the most out of what little shopping time is left?

In order to help you we have made and called this Christmas week for this paper. We have asked all the good merchants to get all their advertising before you in this paper this week. And we have asked them to give you as many suggestions as possible in order to help you most.

So in this paper today and every day this week; you will find a complete list of all the best Christmas gifts to be had.

If you will make up your shopping tour each day out of these advertising pages you will save hours and hours of weary wondering and no end of mental strain. You will come home as fresh as when you started. You will neither wear yourself out nor leave a lot of worn-out salespeople behind you.

All of these stores that are advertising here are prepared to serve you best. Handling a Christmas crowd is like handling an army. Long experience has told them what to do and how to do it, in order that you may be served the best and with the least effort and strain.

Above all things, take full advantage now of the help which this advertising and only this advertising can give you.

Turn to it now, read every announcement large and small. Make out your day's shopping list before you start. Start out as early as you can. Every day every store can help you more if you will give them a whole day in which to serve you instead of merely a few hours in the afternoon.

It's just as easy to make Christmas a pleasant day dream as a hideous nightmare. It's up to you.

(Copyrighted.)

Furniture Gifts Always Please!

They are useful and lasting and something you will always be remembered by. Drop in and see our large line of Morris Chairs, Odd Parlor Chairs, Easy Rockers, Etc.

- Mission Rocker in Genuine Spanish Leather \$5.90. Beautiful Willow Rockers from \$3.30 up.
- Mission Morris Chair, Quartered Oak, in Genuine Leather \$16.95. Large Easy Chairs and Rockers to Match \$11.75.

Parlour Chair in Mahogany Finish from \$6.35 up.

Come Early, Don't Wait Till All The Good Ones Are Sold.

J. MARCUS, - 30 Dock St.

SHIPPING

ALMANAC FOR ST. JOHN, DEC. 16. A.M. High Tide 4.20 Low Tide 11.20 Sun Rises 8.04 Sun Sets 4.38 Time used is Atlantic standard.

PORT OF ST. JOHN. Arrived Saturday. Stmr Rossano, 2967, Bailey, Sydney, R. P. & W. F. Starr. Schr Sallic E. Lulliam, 109, Suban, Apple River for New Haven, D. J. Parly, with lumber, in for repairs.

Arrived Sunday. Donaldson liner Cassandra, 2221, Mitchell, Glasgow, Robert Hordor Co., pass and gen cargo. Stmr Manchester Commerce, 3444, Couch, Manchester, gen cargo, Wm Thomson Co.

Sailed Saturday. Royal mail stmr Empress of Britain, Murray, Liverpool via Halifax. C. P. B. (chartered) stmr Grampian, Williams, Liverpool. Allan liner Lake Erie, Carey, London and Havre, Wm Thomson. Stmr Calvin Austin, Mitchell, Boston via Maine ports.

CANADIAN PORTS. Halifax, N.S. Dec 15—Ard, stmr Empress of Britain, St John; Durango, Liverpool via St. John's; Teutonic, Portland; Virginian, Liverpool; Arramora, Boston; Lonsburg, Lonsburg; Royal George, Quebec. St. John, Dec 15—Ard, stmr Empress of Britain, St. John; Durango, Liverpool via St. John's; Teutonic, Portland; Virginian, Liverpool; Arramora, Boston; Lonsburg, Lonsburg; Royal George, Quebec.

AGED WOMAN BURNED TO DEATH. Mrs. Annie Copp, widow of Silas Copp, was burned to death at her home, Jeddore, N. B., on Saturday. It is supposed that while sitting beside a fire in the kitchen stove her apron caught and the blaze was inhaled, causing instant death. She was ninety years old.

TO CURE A COLD IN ONE DAY. Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVES' signature is on each box. 25c.

Daily Hints For the Cook

TWO-EGG CAKE. Separate 2 eggs and beat 4 cup of sugar into the yolks and 1 cup into the whites. Put the yolks and whites together after sugar has been stirred in. Add salt and a heaping teaspoon of baking powder and flour. Then beat 1/4 cup of milk and 2 tablespoons of butter together and stir this into the mixture. This will make a very thin batter, but it will be all right. Bake in a slow oven.

HEALTHY WOMEN SCARCE

Is The Verdict of Scientific Investigation

How many women do you know who are perfectly well, strong and healthy as a woman should be? They may not be sick enough to lie in bed—but they are run-down, thin, nervous, tired and dejected.

Women are so active nowadays, and so much is expected of them, that they constantly overdo and suffer from headaches, backache, nervousness and kindred ills. Such women need Vinol, our delicious cod liver and iron tonic without oil which will create an appetite, tone up the digestive organs, make pure blood and create strength.

Mrs. W. G. Ritchie, Patuxent, N. Y. says: "Vinol is certainly the best tonic I have ever taken. I was run down and tired all the time, but, thanks to Vinol, I am feeling all right again."

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you. Watson's three Retail Stores, King street, Main street and Haymarket Square.