

How to Stop Stomach Torment

Sound Advice From A Well-Known Physician

Men and women who suffer from what they call dyspepsia, indigestion or just plain "stomach trouble" usually seek the regular relief in the form of some peptic pill or tablet, or other artificial digestant. This, experience teaches me, is a serious error. In nine cases out of ten, the distress is caused by the development of acids in the stomach—formed by the fermenting of the food. Instead of a digestant being required, something should be taken to dissolve or neutralize this acidity, when normal digestion will follow as a matter of course. This acid matter is distinctly poisonous and unless it is dissolved, digestion merely carries the mass of fermenting food from the stomach to the intestines, where its poison is absorbed by the blood and carried all over the body.

If all the great army of people who suffer after every meal—could make it a point to take a teaspoonful of Disrupted Magnesia in a quarter glass of water after each meal, there would be no formation of acidity, and consequently no distress or discomfort. Sour, acid, gassy stomach, heartburn, belching, bloating, etc., would then be a thing of the past. Disrupted Magnesia is a physician's prescription. It is inexpensive and can be obtained at any drug store. It is prepared for just such trouble, and the best proof of its efficiency is that it will stop the sharpest, biting stomach distress in five minutes, simply by dissolving the acids that have been formed there. Its action is absolutely harmless.

COSSACKS HOLD SPORT CARNIVAL AMID SHOTS

Petrograd, Nov. 25.—Russia's soldiers take a sporting delight in battle and slaughter. They carried this quality so far that they sometimes embarrassed their officers.

Cossacks chafe at action. When they can't have action they search for imitations. The Kuban Cossacks in General Brusiloff's force on the Galician frontier held a Homeric sports under the eyes of the Austrians.

Songs were sung, races run, and imaginary Turbans pierced by wildly hurling horsemen. The Austrians fired and killed the pony of a Cossack jockey who was three yards from the winning post. The jockey rose and by terrible exertion of will dragged his pony past the winning post. He was declared winner.

CONSUMERS' COAL CO'S HARD COAL

No other coal so fully meets all the requirements of the ideal household fuel. Its free burning and strong heating qualities combined with its almost total absence of clinker and its small amount of ash make it by far the most economical and satisfactory to use.

CONSUMERS' COAL CO. LIMITED

331 CHARLOTTE STREET
TELEPHONE: MAIN 2670

NEW CANNED VEGETABLES

New Canned Tomatoes. \$1.20
New Canned Corn.
New Canned Wax Beans. . . .
New Canned Green Beans. . . .
Assorted dozens if you wish.

These goods are all the highest quality and guaranteed.

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USE THE WANT AD. WAY

Early & Practical Home Dress Making Lessons

Prepared Especially for This Newspaper by
Pictorial Review
SIMPLE AND CHIC.



5956

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Suggestion for making a smart winter costume from "left-overs" of velvet, lace and cloth.

Pictorial Review want No. 5956. Sizes, 32, 34, 36, 38, 40, 42 and 44 inches bust. Price, 10 cents.

Patterns published in this series may be obtained by sending price of pattern in cash or stamps to The Evening Times Pattern Department, 23 Canby street, St. John. As a rule it takes about one week to receive the pattern to the buyer. Those sending money must be careful (1) to write the number of the pattern plainly (2) to write their name and post office address clearly, and (3) to enclose the price.

Name
P. O. Address in full
Number of Pattern Size of Pattern

Order by number only. Remit in stamps or currency. The Evening Times Pattern Department, St. John, N. B.

ITCHING RASH SPREAD OVER BODY

Could Not Sleep. Clothing Irritated. Impossible to Keep from Scratching. Used Cuticura Soap and Ointment. In Ten Days Well.

230 Dufferin Ave., Winnipeg, Man.—"I became troubled with a rash similar to hives on my face and arms. Later it spread over my body. This rash itched and burned and it rubbed the skin would become hot and red. It got so very itchy I could not sleep. The more I scratched the worse it got. I sat many minutes at a time with clenched hands to keep from scratching the rash and give my skin time to cool. The first few days the spots increased so rapidly that my body was dotted with them.

"The spots on my face and neck were so plainly visible, especially if I scratched them, that I avoided the folks in the house to hide my disfigurement. Every time my body became over-heated my clothing irritated the rash so much that it was impossible to keep from scratching the parts. Over two weeks of torture and sleepless nights I suffered.

"Knowing from experience that Cuticura Soap and Ointment were good I sent out to the drug store for some. I followed the directions and in a few days I noticed the rash was less; the spots began fading. In ten days I was completely well." (Signed) Mrs. John Lamb, June 11, 1914.

Samples Free by Mail

Cuticura Soap and Ointment sold throughout the world. For liberal free sample of each, with 32-p. book, send post-card to "Cuticura, Dept. D, Boston, U. S. A."

THE CALL TO ARMS IN WEST ST. JOHN

Eloquent Addresses to Young Men of West Side by Hon. R. J. Ritchie and H. A. Powell, K. C.

An enthusiastic and well attended patriotic meeting was conducted last evening in City Hall, West St. John, at which the speakers were Hon. R. J. Ritchie and H. A. Powell, K. C., both of whom made stirring and telling addresses in the interests of recruiting. The chair was taken by C. B. Lockhart, M. P., while Rev. A. J. Archibald was on the platform also. During the evening, in addition to the addresses, there were musical numbers by the Carleton Cornet Band, and vocal selections by S. H. Mayes and Mrs. W. A. Harrison.

"Love the brotherhood, fear God, honor the king," was the subject chosen for his address by Judge Ritchie, and he made a powerful appeal for all young men, who could do so, to join the colors of the allies. Canadians enjoyed complete, unrestricted freedom of religious and political rights; they had the protection of Great Britain, and now that the motherland was being menaced by German militarism it was but fitting and to be expected that the young men of the dominion would rally to her cause. The young men of St. John should be filled with pride at the opportunity to enroll their names in the ranks of the brave recruits.

Mr. Powell.

"Young men of Canada, the appeal is made to you." This was the keynote of the splendid oration of H. A. Powell, who said it was left to the sense of honor possessed by the youth of the dominion whether they should fight or not. Mr. Powell gave several interesting chapters of recent history having bearing on the war and said that one of Germany's most treasured designs was the possession of Canada, therefore he said "let the sword leap from its scabbard, and let these tormentors and disturbers of the peace of the world know that you can fight for peace!"

Bank Dividend 15 Per Cent

London, Nov. 25.—At a meeting of the directors of the London and Lancashire Bank yesterday, it was resolved to recommend, out of the available balance for year ending September 30, a dividend of 7 per cent, making a total of 15 per cent for the year, and carrying forward £275,158.

The State of Washington shows the smallest death rate of any of the United States.

DRASTIC PANAMA LAW

Panama, Nov. 25.—The National Assembly yesterday passed a law which virtually places in the hands of the president, power to expel all foreigners from Panama. It also prohibits foreigners taking part in politics and from writing articles against the political party in power.

There is much opposition to the law owing to its drastic provisions. It is held in some circles that the law does away with the powers of the courts, and confers them on the president.

West Africa has been continuously prosperous for the last twenty-five years.

Let Big Ben remind you every morning to take a glass of

Abbey's Effervescent Salt

At all Druggists

Price 25¢ 60¢

Take Abbey's "VITA" Tablets for "sick nerves"

Hearing Is Restored To Deaf

Without Mechanical or Artificial Hearing Devices. Deaf Hear With Their Own Ears. A Wonderful English Discovery.

Thousands of people suffer from catarrhal deafness or poor hearing, who having tried specialists, advertised treatments, artificial ear drums, ear phones, electric vibrators and various mechanical appliances without success have at last resigned themselves to a "world of silence" thinking that nothing can ever restore to them their normal hearing. Yet their case is not hopeless. A remarkable scientific treatment discovered a little more than a year ago in England is making people hear after years of deafness and is also unequalled for quickly stopping the distressing head noises that are so often the companions of defective hearing. This discovery is called Parminit and has attracted widespread notice throughout Europe where reports of the remarkable results it has given to deaf people have come in by the hundred.

The effect of Parminit it seems is by some action to produce a stimulus necessary to reduce all inflammation, swelling, enlargement or thickening of the organs of hearing and to stimulate the entire auditory tract.

Parminit is now being sold by many leading druggists in St. John and vicinity and a speedy trial is urged upon all who suffer from catarrhal deafness or head-noises in any degree. Ask the druggist for 1 oz. of Parminit (Double Strength) and take it home and mix with 1/4 pint of hot water and 4 oz. of granulated sugar until dissolved. Take one tablespoonful four times a day and you should soon find a remarkable improvement in your hearing.

"IMPORTANT"—In ordering Parminit always specify that you want double strength; your druggist has it or he can get it for you; if not, send 75c. to the International Laboratories, 74 St. Antoine street, Montreal, P. Q., who make a specialty of it."

NO WORD OF NEW BRUSWICK IN THE PIT PROP BUSINESS

Forecast of Report of Commissioners Who Made Visit to Canada

London, Nov. 25.—The report of a special commission which visited Canada and Newfoundland to investigate the timber pit props matter is still withheld, but it is said that their recommendations mainly favor Newfoundland and Nova Scotia, Quebec has a favorable opinion in the consideration given by the commission that they did not pay a personal visit. It is further gathered that the question of the differences in prices asked by the Canadian producers and those hitherto paid present an obstacle for a temporary supply only.

The commissioners acknowledge that both the Dominion of Canada and Newfoundland have good timber resources, much of them being suitable for their special purpose.

As a result of the representations of a deputation from the Scottish coal owners, the railway executive committee has agreed to a reduction of rates for the carriage of pit props in Scotland.

Baby's Start in Life and Baby's Health

mean so much in after years

The first three months are very important, and Baby's Food then, must be simple, easy to digest, and all-nourishing. The "Allenbury" Milk Food No. 1 is Baby's first food until Baby is three months old. Doctors will tell you how good "Allenbury" is, and Baby will thrive on it.

When Baby enters the fourth month, "Allenbury" Milk Food No. 2—a carefully developed food—gives the child what nature demands until the sixth month. The "Allenbury" Malted Food No. 3 is the next step.

Easily prepared—Packed in sealed tins—Of all Druggists.

The Allen & Hanbury Co. Limited, 66 Gresham St. East, Toronto.

Every mother should write for our free Booklet "Infant Feeding and Management."

For Christmas—give a Waltham Watch

If you would praise a watch all you need say is: It is a Waltham.

The world over, the name "Waltham" is accepted as "currency" for genuine quality in a watch. Like the government's stamp on a coin, "Waltham" is authority for sure value in a timepiece.

Waltham has won this eminence through sheer force of scientific excellence. Science in watch-building unites mechanical craft and artistic skill. The combination of these qualities in every one of the nearly twenty million timepieces made at Waltham has rendered The Waltham Watch supreme.

There are Walthams for as low a price as will buy a good watch, and up to as high a price as any one should pay. Your jeweler has them in large variety of cases and movements.

Write us for booklet and general information.

Waltham Watch Company

Canada Life Bldg., St. James Street, Montreal

London's Beauty Writers

Weekly Selections from Noted Beauty Experts Writing for the English Press. Simple and Effective Methods.

By OLGA AXMINSTER, Special Correspondent, London, Eng.

Each week in this department I will endeavor, by careful clipping from the London papers, to keep my Colonial readers informed on the latest and best advice of the London beauty experts. Owing to the persistent demand most London newspapers and periodicals are now devoting more space to the serious consideration of beauty culture. Many of them now employ high salaried London beauty writers, who are expert in the art of enhancing or restoring beauty of face and figure. I append herewith a few clippings from leading English newspapers, and the results could be obtained from Canadian chemists or druggists, so I am told. Look out for more hints next week. I shall endeavor to keep right up to date.

Home Hair Winks

The effect of a good hair-oil solution upon the hair and scalp is really very remarkable. It is a very simple matter, however, from a druggist get one-fourth pint of rum and about an ounce of pure vasoline. Mix together and apply to the scalp and hair occasionally in the finger tips. The dandruff disappears like magic and as dandruff is principal enemy of the hair, there is a marked improvement at once. The hair is left fresh, clean and invigorated and the hair roots fairly tingle with life.

About Shampoos

To quote an eminent London physician: "The dirty egg and scurf of the scalp impurities, but only adds to trouble by clogging the pores of the scalp with animal matter. The substance sticks, develops, and clogs, using the hair to assume a dead, color." I heard of a woman who used a hair wash (and soap, too) on her hair. Try the delightful preparation made by stirring a teaspoonful of flax in a cup of hot water. It will give you new beauty possibilities in your hair, will clear and prevent dandruff, and leave that fine fluffy effect so much sought after. It also removes dirt and greasiness.

Cutting Hair in Damp Weather

Damp weather has no terrors for the man who has adopted the science of keeping her hair in curl. The wet is more lasting than when the waving iron is used, and yet the hair is quite manageable, regardless of its condition. Besides, the hair has appearance of being more naturally curled, and the application of the liquid astringent and a little of "ounce" will be sufficient. A little quantity could be put on before going, using for the purpose a clean

USE PILENTA COMPLEXION SOAP

THE GREAT ENGLISH COMPLEXION CLEANSER. ALL DRUGGISTS.—ADV.

FIGHTING THE WHITE PLAGUE

Annual Meeting of Society For Prevention of Tuberculosis—Joseph A. Likely President For Coming Year

At the annual meeting of the St. John Society for the Prevention of Tuberculosis yesterday a resolution was adopted to the effect that, whereas the municipality had undertaken the erection of a tuberculosis hospital and because the present conditions will make it difficult to raise money for their regular work, the proceeds of the last tag day will be placed at the disposal of the committee to continue this work. The fund is about \$2,000.

The annual reports were submitted and addresses given by Dr. David Townsend, superintendent of the River Glade Sanatorium, Dr. A. F. McAvenny and Mrs. E. A. Smith.

The officers elected by the nomination committee and installed to carry along the work for the coming year were as follows: Honorary president, Dr. Murray MacLaren; president, Joseph A. Likely; first vice-president, Mrs. David McLellan; second vice-president, Dr. S. Skinner; secretary-treasurer, Miss H. S. Smith; secretary of the executive, Mrs. J. H. Frink. The executive was made up of the following: Mrs. Roy Thomson, Mrs. Bayard, Mrs. Bushy, Mrs. Carr, Mrs. E. A. Smith, Mrs. S. A. Jones, Mrs. Louis Green, Mrs. Adams, Mrs. Edward Heine, Mrs. R. O'Brien, Mrs. M. B. Edwards, Mrs. Murray MacLaren, Rev. William Duke, Dr. A. F. McAvenny, A. M. Belding, Judge McKeown, Rev. J. A. McKelgan and Rev. R. A. Armstrong.

In every 1000 marriages in Great Britain 21 are between first cousins. Among the nobility the rate is much higher, amounting to 45 in 1000.

CLOGGED NOSTRILS OPEN AT ONCE, HEAD COLDS AND CATARRH VANISH

In One Minute Your stuffy Nose and Head Clears, Sneezing and Nose Running Cease, Dull Headache Goes.

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.

End each misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and heals the inflamed, swollen membrane which lines the nose, head and throat; clears the air passages; stops sneezing discharges and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake tonight struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or cold, with its running nose, foul mucus dropping into the throat, and raw dryness is distressing but truly needless. Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.

Wives Sometimes Object To Life Assurance But Widows Never Do

Many a man has failed to insure because of his wife's noble but misguided scruples. She didn't want even to think of her husband being taken from her. The thought of money forcing itself into such a tragedy filled her with horror.

Such a woman overlooks the awful plight of a family left destitute. It's a husband's duty to protect his family from want and suffering after his death. A wife who opposes her husband in performing this duty is unfair to him, to herself and to her little ones.

A few dollars each year invested in an Imperial Income Policy will secure the payment of a regular monthly income to a man's family after he's gone. We have an interesting booklet which tells all about it, and will send a free copy to any man or woman who asks for it.

Write for your copy today.

THE IMPERIAL LIFE Assurance Company of Canada

HEAD OFFICE - TORONTO

A. P. Allingham, Provincial Manager, St. John

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