

A Hot Dish for a Cold Day

It is not easy to warm a poorly nourished body. Heat and strength do not come from overcoats or flannels. Bodily warmth and vigor come from foods that are rich in blood-making, tissue-building material.

SHREDDED WHEAT

is all-fuel-food—no waste, no indigestible material to clog the system and tax the vitality. Two Shredded Wheat Biscuits, heated in the oven and served with hot milk and a little cream, for breakfast, will supply all the heat and strength needed for a half day's work.

MADE IN CANADA A-CANADIAN FOOD FOR CANADIANS The Canadian Shredded Wheat Company, Limited Niagara Falls, Ont. Toronto Office: 49 Wellington Street East

Daily Hints For the Cook

ORANGE SHORTCAKE. One pint of flour, 1 1/2 teaspoon salt, 1/2 teaspoon soda, one teaspoon cream of tartar, 1/4 cup butter, 1 egg and a scant cup of milk. Mix the dry ingredients. Beat the egg, add 3/4 cup milk. Stir this quickly in the flour, adding a little more milk if needed.

APPLE CUSTARD. Make smooth apple sauce. To each cup add 2 eggs beaten light, and 1/2 cup sweet milk. Sweeten and flavor to taste. Have paste shells ready. Fill with the custard. Bake with one crust. ORIGINAL CAKE. One cup sugar, 2 eggs, 1/2 cup butter, 1/2 cup milk, 2 cups flour, 2 teaspoons baking powder, pinch of salt and 1/2 cup mince meat. This makes a fine mince spice cake.

Little Beauty Chats

By BLANCHE BEACON

Mouth Lines Must Be Smoothed Away

KEEP ugly lines about the mouth are most undesirable from the standpoint of beauty, lady fair, so it behooves you to wage warfare against them until they fade away into oblivion. You can not, of course, expect to banish these near-the-mouth creases until you have broken yourself of your habit of contracting your mouth. This will be difficult to do, yet if you persist, you will in course of time be able to keep your facial muscles quiet.



BAKER'S Breakfast COCOA

Is the Standard for Quality. For all those whose occupations require clear heads and steady nerves, as well as those in poor health or delicate digestive powers, it is the ideal beverage. Trade-mark on Every Package. Booklet of Choice Recipes Sent Free. Walter Baker & Co. Ltd. Established 1780. Montreal, Can. Dorchester, Mass.

Special Marked Down Sale of Men's Wear Saturday AT CORBET'S 196 Union street

RELIGION AND SOCIAL SERVICE BY KENNETH DOUGLAS, B.A., Ph.D.

THE NEW YEAR. The year 1912 is dead—almost as dead as Jehoshaphat. Why not devote the few hours left to cleaning house? Not in the ordinary sense—that of making in the ordinary good resolutions, but of squaring up with ourselves and our neighbors. In the good resolutions of the past had been written on paper most of us could walk back upon them clear into the little old home town from whence we came.

And Now Comes The Season of Long, Cold Winter Nights

Make your home warm and cosy—add to it what it needs—a Nice Rug, Comfortable Couch, Morris Chair or Easy Rockers. We have everything for your home at the most reasonable prices in the city—a fact well known to our patrons—a fact you will know if you deal here. J. MARCUS, - 30 Dock St.

Does the Word "Bargain" Sound Good to You Men?

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

YOU haven't heard that word for some time. It hasn't been in use so much during the past few months and your pocket book possibly thought it was obsolete.

But now during the last few days before the New Year, you're not only going to feel the spirit of it, but you are going to see it actually in the flesh.

If you look through the advertising in this paper today, you will find a lot of good merchandise that is begging for a buyer at any price. You will find a lot of good overcoats and shoes and underwear, that aren't very happy in the stores, and are really going begging for a home.

If you have a certain good overcoat in mind, better look for it in the advertising today. You may find that it has come down in the world, and that its price is hobbling around on crutches.

If you have continued to wear your athletic underwear in the hope that the Equator might change locations this year, you will find some pretty good bargains in warmer stuff that you can put to use right now in case the Equator concludes to stay where it is.

For, the first of the year means a lot to every good merchant. It means records in sales. It means a general lowering of stocks and best of all they like to have it mean "Cash on Hand."

Right now in the first after-Christmas lull is certainly the best time to buy. It is even a better time than when all the big clearances are under way, because now you can get the pick as well as the price.

Some men always dress better and pay less than others. That is not because they earn more or have more, but because they think farther ahead and act more quickly.

If you will just treat this personal buying problem as you would any other commercial problem you will be surprised to see how much you can save in these last few days of the year.

Try it. Turn to your advertising in this paper now. Read every advertisement large and small, and go after the things on which real money can be saved.

That word "Bargain" is a real word in these "After Christmas Sales," and you ought to be glad to see it back in the dictionary again.

waiting for death? I have—with one. And I have a little story of another who thus waited. The man I have person here was of an age of waiting to be hung. He was a convicted murderer. He had chosen me, of all others, to sit with him through his last terrible, black hours. Looking back I almost feel that those waiting hours must have been less terrible for the man than for me. With him the hour, to be tied around his neck in the gray, early dawn was the end of all. He had no conception of a future life whereas I could visualize his eternity—terrible because of his lack of repentance. He was remorseful only because his sin had been discovered and he had to pay the painful penalty.

WHY WE FAIL. A large number of us fail at the root of each New Year, to improve upon our conduct and character in the past because we seek to better ourselves only to improve our condition. I mean that we want to be decenter than we have been only because we think it will pay us better in health, in pocket-book, or in the increased regard of our fellows.

And that is why we so often fall down in our good intent, just as long as we want to be good for our personal use alone just so long shall we remain rotten. Virtue thrives only as long as it seeks to serve others. We grow in decency only as we seek to bend those qualities into the service of others.

But to get to the other little story: A friend of mine told me recently of a visit to a home for old ladies. Near a great old grandfather clock in a corner of the assembly room he saw a very, very old lady. He was told she was very dead. She was leaning against the fireplace and he noticed that every little while, she patted his time-stained frame affectionately. My friend went over and set her right side of the old lady. He was frankly curious. She beckoned to him to draw nearer. At that moment the old clock chimed the quarter of the hour. A wonderful gleam flashed across the tired old face.

"It's beautiful, isn't it?" she queried, and again she crossed the dead wood. "It's beautiful," she reiterated. "I love to hear the chiming of the quarters and the hours are more beautiful, still, but when it strikes twelve, the old face became radiant—'It's like heaven, I know then that I am a day nearer the end and God."

My friend said that he had to turn and leave his feet on the floor and that he would have liked to see the tears that welled into his eyes. He was overcome with the pathetic loneliness and the superb trust of it all. And to his story there is a terrible side also. This old woman waiting, longing for death in a institution, was the mother of a man living, not more than a mile or two away, in splendid luxury. He had come from the people—when affluence and success were attained he had found that his old mother savoured too much of the position from whence he had sprung. For the same reason he had divorced his first wife. Both interfered with his social and other ambitions.

WHAT IS GREATER THAN LOVE? Search the world, my friends, and see whether, after all, there is anything to compare with love, and yet how many of us are neglecting that waiting for us in our own homes and seeking elsewhere for things that are as dung in comparison. But let us away from the individual. What are we facing in the year 1913, as a nation—as citizens?

We are on the eve of many tremendously important and far-reaching reforms. As never before, we are remembering that the welfare of the child is a question of national importance—that each little life needlessly sacrificed is a loss that we cannot estimate.

Earnest men and women are seeking to provide adequate legislation for the care of the feeble-minded and the otherwise mentally deficient. They realize that there should be provision made to curb the propagation of these because they know that

The SPIRELLA CORSET is made of the finest materials, is comfortable, economical. It is made to order, and is guaranteed to fit. It is made to order, and is guaranteed to fit. It is made to order, and is guaranteed to fit.

The Spirella Boning is made of the finest materials, is comfortable, economical. It is made to order, and is guaranteed to fit. It is made to order, and is guaranteed to fit. It is made to order, and is guaranteed to fit.

in addition to unfold sin and suffering and disease the offering of one may, in a century, cost the state hundreds of thousands of dollars.

The year 1912 has been fruitful of preparatory work along these and many other social reform lines. We must, each one of us, see to it that we bend our effort to the task of making the coming year fruitful of accomplishment, not alone for our own good, but that of the children who are to live when we are gone. It will be of greater use to leave them a clean community in which to live than a great fortune.

We are on the eve of the great awakening of a national social conscience. The unrest in our churches is perhaps more significant of this than any other recent agitation. During the past few months a number of the leading churches have been working to the end of consolidation and co-operation of effort. May they find no peace until they attain this end!

But in this New Year, my friends, forget the dead things of the past year. In this great country of ours there is room for error. There is here a definite place for every man. But you must be a MAN first. You have just as many friends as you deserve. Face to the front. Cease to evade the issue that lies in your own soul. Look UP.

They Have Won Their Place. World White Swan Yeast Cakes have such an enormous sale in Canada if they did not make the best bread? Your grocer sells White Swan Yeast Cakes for 6c. Free sample from White Swan Spices & Cereals Limited, Toronto, Ont.

SHIPPING

ALMANAC FOR ST. JOHN, DEC. 28. -A.M. P.M. High Tide..... 2:30 Low Tide..... 9:04 Sun Rise..... 8:10 Sun Sets..... 4:44 The time used is Atlantic standard.

PORT OF ST. JOHN. Sailed Yesterday. Sir Empress of Ireland, Forster, Liverpool via Halifax, C.P.R.

CANADIAN PORTS. Parrsboro, Dec 26-Ard, str Coruna, MacDonald, Yarmouth; Eslington, Stevenson, Portland. St. John, Dec 26-Srs Coruna, MacDonald, Yarmouth, with 1,190 tons coal; Eslington, Stevenson, Louisburg, in ballast.

FOREIGN PORTS. Las Palmas, Dec 27-Ard, str Eretia, Cronqvist, bound from Antwerp to Buenos Ayres. Gloucester, Dec 27-Sch J. L. Colwell, Lewis, St John to Boston. Portland, Dec 26-Ard, schs B B Hardwick, St John; Freddie Eaton, Calais; 25th, str Dominion, Ingraham, Liverpool via Halifax; Kenilworth, Cron, Algiers Dec 2, to load grain.

St. John, Dec 26-Sir Pretoria, Hamilton, Glasgow. Philadelphia, Dec 25-Ard, str Skogstad, Port Vale (N.S.); Thelma, St Ann (C.B.). Boston, Dec 24-Ard, ship Rhine, Turka Island. St. John, Dec 26-Tugs Gypsum King, Hantsport with barge Daniel H. Munroe and J.

ary were authorized to complete the arrangements with the city and sign the deeds of transfer. The price at which the city voted to take the property over was \$22,000.

Seven deaths occurred in the I. C. R. employees relief and insurance membership during the month ended Dec. 25. The deaths reported are J. M. LeBlanc, retired employe, Moncton, insured for \$50; A. B. Comeau, auditor, Moncton, \$25; Bannerman C. Cox, conductor, P. E. Island, \$1,000; William Russell, foreman, Newcastle, \$25; A. S. Coleman, Moncton, retired employe, \$80; J. A. Bouchard, conductor, Lewis, \$1,000; H. H. Archibald, brakeman, Moncton, \$1,000. The total death claims for the month are \$4,500.

George Lloyd, an employe of the Moncton cotton mill, and a native of Manchester, England, died in the city hospital last night of blood poisoning. He was about 68 years old and leaves a wife, son and daughter residing at Upper Dover, Moncton parish.

PILES CURED IN 6 TO 14 DAYS. Your druggist will refund money if PAIN OINTMENT fails to cure and ease of itching, blind, bleeding or protruding Piles in 6 to 14 days. 50c.

TO BE PRETTY, A WOMAN'S HAIR MUST BE FREE FROM DANDRUFF

A pretty woman may enhance her beauty and a plain woman become good looking by the proper care of her hair. Nice hair, pretty hair, growing on the head it adorns, is one of nature's greatest beautifiers.

The kind of hair which always makes us look the second time, follows the use of Newbro's Herpicide, and is possible for every woman. Regular applications of Herpicide kill the hair-destroying dandruff germ, keep the hair from coming out and add to it the luxuriance, snap and luster which are essential to hair beauty.

Newbro's Herpicide is the Original scalp prophylactic. All other hair remedies claiming to kill the dandruff germ are simply trying to trade upon the reputation of genuine Herpicide.

Send the in postage to The Herpicide Co., Dept. D, Detroit, Mich., for sample and booklet. Newbro's Herpicide in 50c. and \$1.00 sizes is sold by all dealers who guarantee it to do all that is claimed. If you are not satisfied your money will be refunded. E. Clinton Brown, special agent.

COOKING-WARE

Just Received. Leadless Glazed English Stoneware—especially adapted for cooking and table use. Our line includes—Bean Pots, Sauce Pans, Baking Dishes, Teapots and Percolators, Coffee Pots, Etc.

O. H. WARWICK CO., LTD.