MC 2035 POOR DOCUMENT



P.M.

any woman to consult with you

Another Sufferer Relieved. Allother Sufferer Acheved. Romayor, Texas.—"I suffered terri-bly with a displacement and bladder trouble. I was in misery all the time and could not walk any distance. I thought I neven could be cured, but m, mother advised me to try Lydia E. Pink ham's Vegetable Compound and I dir the sufference of the displacement. "I am cured of the displacement the bladder trouble is relieved. I t the Compound is the finest medicin

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If you want special advice w. Lydia E. Pinkham Modicine Co. (dential) Lynn, Mass. Your lette. be opened, read and answered woman and held in strict confid



J. MARCUS - - 30 Dock St.



Each bottle of "RED CROSS GIN"-bears the Official Stamp of the Government

mastication, or bad cooking.

Grape-Nuts

Solves the digestion problem

This food, made from prime whole wheat and barley, is perfectly baked until the starch cells are either converted into easily digested grape-sugar, or thoroughly broken down for quick digestion-generally in about one hour.

There is no animal fat in Grape-Nuts.

The crisp granules of Grape-Nuts come to your table readyto-eat direct from the package, invite thorough mastication and have a peculiarly sweet, nut-like flavor.

Grape-Nuts, containing all the rich elements of wheat and barley, including the vital mineral salts, is a perfectly balanced

Grape-Nuts is probaby the longest baked, the best balanced, and the most easily digested of all cereal food. Wonderfully appetizing with cream and sugar.

"There's a Reason" for Grape-Nuts

PORT OF ST JOHN. Arrived Yesterday. Str Victoria (Nor), 574, Tenneson, Sydney, J Y Knight Co, bal. Str Kendall Castle, 2848, Howe, Syd-ey, Starr, with 6119 tons coal. Str Governor Dingley, 2859, Clark, lostor via Maine ports, A E Fleming, ass and mdse

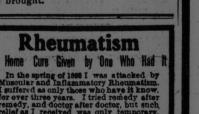
Alamanac for St. John, Sept. 23.

High Tide.... 4.80 Low Tide11.21 Sun Rises.... 6.17 Sun Sets 6.16 Time used is Atlantic standard.

A.M.

Boston via Maine ports, A E Fleming, pass and mdse. Coastwise—Strs Alice R, 51, Ruddock, St Martins; Centreville, 32, Graham, Sandy Cove; Grand Manan, 180, In-gersoll, Wilson's Beach; Granville, 49, Collins, Annapolis; Margaretville, 37, Baker, Margaretville; schs Citizen, 47, Alexander, Digby; Eastern Light, 40, Morse, Grand Harbor; Ethel, 22, Nic-kerson, Grand Harbor; Jennie Palmer, 78, Edgett, Albert; Union, 97, Wilbur, Hillsboro; Whisper, 81, Harkins, fish-ing.

BLACK CURRANT CANADIAN PORTS. CANADIAN PORTS. Montreal, Sept 22-Ard, str Saturnia, Glasgow; Ausonia, London and South-ampton; Whakatane, Cardiff. Quebec, Sept 22-Ard, str Gladstone (Nor), Sydney; Cascapedia, Pictou; Welshman, Liverpool; Montrose, Lon-don; Kamouraska, Sydney. Sydney, Sept 22-Ard, strs City of Sydney, St Johns, with general freight; Bendu, Montreal to Cape Town; Cabot, Charlottetown; Seathcote, Marble Moun-tain; Storstad, Wabana. RED CURRANT BLUEBERRY APPLE PEAR BRITISH PORTS. PEACH Glasgow, Sept 22-Ard, str Letitia,



Useful for the busy house-

wife. Simply cut on line and paste to the jar or bet-

RASPBERRY

STRAWBERRY

BLACKBERRY

GRAPE

