

The Value of Charcoal

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, and after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being sweetened to be smooth and palatable.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is that no possible harm can result from their continued use, but on the contrary, great benefit.

Many physicians advise Stuart's Charcoal Lozenges to patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat. Charcoal is also believed to greatly benefit the liver. These lozenges cost but thirty cents a box at drug stores, and you get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets.

TRURO VS. TROJANS

The manager of the Trojan team received word last evening from Truro that the Trojan offer had been accepted for a match here, probably on the night of Saturday, April 1. This will undoubtedly prove the star attraction in basketball circles for this year. Both teams have done well with outside teams. The Trojans have yet to meet defeat from an outside team, while the only team to trounce Truro has been Halifax Y. M. C. A. George A. Margetts will referee the game.

The Joy of Living

When you wake up with no appetite, a dread of the day's work and your head heavy, your digestive organs are probably calling for just the help which **Mulsified** can give them. The medicinal extracts of more than ten different roots, herbs and leaves, and the natural healthy action of liver and stomach. Meals are enjoyed, that tired feeling disappears, and you know the joy of living. Sold in 50c. and \$1.00 bottles at drug stores.

Cocoon Oil Makes A Splendid Shampoo

If you want to keep your hair in good condition, be careful what you wash it with.

Don't use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain Mulsified coconut oil shampoo (which is pure and entirely greaseless) is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls of Mulsified will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get Mulsified coconut oil shampoo at most any drug store. It is every cheap and a few ounces is enough to last everyone in the family for months. Be sure you get Mulsified. Beware of imitations. Look for the name Watkins on the package.

YOUNG ATHLETES TO BE DEVELOPED

Coaches Hope to Stimulate Interest in Track and Field Events.

(Montreal Gazette) Despite the early date, leaders in track and field athletics are casting around tentatively planning for the summer's campaign among the athletes of the city and district. No definite plans have been formulated for the season's activities by any of the clubs interested in this branch of sport, but it is generally agreed among those who have worked in its interest during the past few years that the same policy of working with the young boys will be followed this summer as has been pursued almost wholly since the war period.

Decidedly the outlook for track and field athletics is not bright for this season. Last year the M. A. A. A., McGill University, the different Y. M. C. A.'s and other athletic organizations in and about Montreal worked hard to stimulate an interest in the sport. Little likely material was brought to light and, despite the great efforts put forward by them in charge of the training, there was not a very satisfactory interest shown.

Indicative of the conditions existing in athletics at the present time is the showing made by the McGill University Track Club. With a good track, excellent coaching and every facility practically available there were less than 50 students, of over 1,000 registered, who took an active part in track or field events. This state of affairs rules practically throughout the other organizations in the city and the Dominion generally.

Leaders in the sport do not blame the lack of interest to competition with other sports so much as a general failure of the young men of the present day to take to the type of athletics, so popular but a few years ago. Just how the interest can be stimulated and the track and field events brought back to something near the status that they held previously is the question bothering the leaders.

What is the chief source of worry for those active in promoting track and field events is the lack of promising material for the coming Olympic games. Quebec is apparently no worse than other provinces in the Dominion in this respect, and the annual spring question is again to the fore: What can be done this year towards developing likely contenders for positions on the 1924 Canadian Olympic team?

Lack of funds for the proper control of athletic meets throughout the Dominion is felt here, where it is considered highly important that an all-Canadian coach should visit, especially when a meet is on, to look over the material and generally supervise the coaching of athletes with a view to fitting them to compete for Olympic honors. Disappointment is expressed with the present system of selecting a Canadian Olympic team but a few weeks prior to the Olympiad, and it is felt that with proper coaching supervision, likely contenders could receive suitable instruction to better fit them to compete against the stars of other countries.

Due to the lack of contestants in track meets, many men who might perform well in races suitable to their speed are perforce run in several events with a resultant mediocre showing in all of them. This has been evidenced at McGill in the intercollegiate meet. While the university has no great outstanding track men, there are such athletes as Dave Johnson, captain of the red and white for next season, who is comparatively young and has the makings of a good short distance runner, but although lack of men to enter in all the events he has been forced to run in as many as four races in a meet, resulting in the promising youth being unable to show at his best in any event.

Work among the younger athletes will be initiated here about the end of April, when the McGill Track Club will hold its annual meet for the school and college teams of this province and Quebec. A new departure will be made this year when the events will be regulated so as to allow a greater number for boys between the age of 14 and 18 years, all events for the younger athletes having been done away with this season.

MOORE AND MISS ROBINSON WIN

Milwaukee, Wis., March 22—Gladys Robinson, Toronto, won the girls' 800 yards dash in 1:43.5 at the international amateur indoor skating meet here tonight with Rose Johnson, Chicago, second and Elsie Mullen, New York, third.

John Hollander, Milwaukee, won the junior 440 yards dash in 44 seconds.

Joe Moore, New York, won the senior

Freckle-Face

Now is The Time to Get Rid of These Ugly Spots.

Do you know how easy it is to remove those ugly spots so that no one will call you freckle-face? Simply get an ounce of Othine, double strength, from your druggist and a few applications should show you how easy it is to rid yourself of freckles and get a beautiful complexion. The sun and winds of March have a strong tendency to bring out freckles, and as a result more Othine is sold in this month. Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove the freckles.

PIMPLES ON FACE AND SHOULDERS

For Several Months. Festered and Itched. Cuticura Healed.

"I was afflicted with pimples on my face and shoulders for several months. They festered and itched and my forehead was disfigured. I tried different remedies which did no good. I sent for a free sample of Cuticura Soap and Ointment which seemed to help me. I bought more and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) C. V. Randall, Granada, Colorado, Feb. 11, 1921.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed to soften, soothe and heal. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming the skin.

Sample Free Trial Mail Address: "Cuticura," Dept. 444, P. O. Box 5400, St. Louis, Mo. Cuticura Soap shows without soap.

Will Take Off All Excess Fat

Do you know that there is a simple, harmless, effective remedy for overweight that may be used safely and secretly by any man or woman who is losing the slimmest of youth? There is; and it is none other than the tablet form of the new famous Marmola Prescription, known as Marmola Prescription Tablets. You can well expect to reduce steadily and easily through long sieges of tiresome exercise and starvation diet. Marmola Prescription Tablets are sold by all druggists or you can secure them direct from the Marmola Co., 4612 Woodward Avenue, Detroit, Mich., on receipt of price.

OFFICERS OF RIFLE ASSOCIATION

Officers for the ensuing year were elected at the annual meeting of the St. John Rifle Association in the office of N. J. Morrison last evening. It was decided to hold the first match on Good Friday, weather permitting, beginning at 9 a. m. Members will be selected according to their scores at this meet. Class "A" will include those making above 90; Class "B" will be those scoring above 80; and Class "C" will be those with scores above 70. The financial condition of the association was reported to be good. The officers for this year are: Captain, N. J. Morrison; Lieutenant, E. S. Murray; secretary-treasurer, Major W. C. Magee; assistant, Clifford Seely. The executive committee is: A. S. Emery, Alexander Ellison, D. Connolly, I. F. Archibald, James Downey and J. F. Emery.

YOU NEED NOT HAVE A Cold

If you will take Laxative BROMO QUININE Tablets when you feel the first symptoms of a cold coming on.

NUMBER OF BILLIARD PLAYERS IN UNITED STATES ESTIMATED AT 4,000,000

There is little doubt that billiards is entitled to claim that, so far as the number of actual players is concerned, it is one of the greatest of all sports, says the New York Times. It is impossible to figure just how many players there are in the U. S., but C. P. Miller, Vice-president of the Brunswick-Balke-Collender Company, has made an estimate based on the number of billiard tables in use in public rooms. "I believe that 500,000 tables would be a conservative estimate," he said, "and since it is a known fact that each table, in order to pay, would have to have at least eight players, there must be more than 4,000,000 actual players in this country."

PLAN ATHLETIC BANQUET.

Plans for an athletic banquet, to be held the latter part of next month at which the guests of honor will be the eighteen Y. M. C. A. athletes of the local hexathlon team, which won international honor for 1922, were made at a meeting of the physical department committee last evening. Each of the athletes will receive a special bronze shield, commemorating his prowess. City League basketball prizes will also be presented at this banquet. It was announced that Frank Thorne would manage the burlesque end of the annual circus and gymnastic display in April.

The Women's Missionary Society of St. Andrew's church held a successful thank-offering meeting yesterday afternoon.

Mrs. R. A. Jamieson gave an interesting account of Presbyterian Mission work in Minto—a subject that appeals to all New Brunswickers who are interested in the welfare of the province. The collection taken was more than \$87.



MEN!

Don't Worry About That New Spring Suit

Costing You \$45 or \$50

Will Take Off All Excess Fat

Do you know that there is a simple, harmless, effective remedy for overweight that may be used safely and secretly by any man or woman who is losing the slimmest of youth? There is; and it is none other than the tablet form of the new famous Marmola Prescription, known as Marmola Prescription Tablets. You can well expect to reduce steadily and easily through long sieges of tiresome exercise and starvation diet. Marmola Prescription Tablets are sold by all druggists or you can secure them direct from the Marmola Co., 4612 Woodward Avenue, Detroit, Mich., on receipt of price.

Officers for the ensuing year were elected at the annual meeting of the St. John Rifle Association in the office of N. J. Morrison last evening. It was decided to hold the first match on Good Friday, weather permitting, beginning at 9 a. m. Members will be selected according to their scores at this meet. Class "A" will include those making above 90; Class "B" will be those scoring above 80; and Class "C" will be those with scores above 70. The financial condition of the association was reported to be good. The officers for this year are: Captain, N. J. Morrison; Lieutenant, E. S. Murray; secretary-treasurer, Major W. C. Magee; assistant, Clifford Seely. The executive committee is: A. S. Emery, Alexander Ellison, D. Connolly, I. F. Archibald, James Downey and J. F. Emery.

If you will take Laxative BROMO QUININE Tablets when you feel the first symptoms of a cold coming on.

NUMBER OF BILLIARD PLAYERS IN UNITED STATES ESTIMATED AT 4,000,000

There is little doubt that billiards is entitled to claim that, so far as the number of actual players is concerned, it is one of the greatest of all sports, says the New York Times. It is impossible to figure just how many players there are in the U. S., but C. P. Miller, Vice-president of the Brunswick-Balke-Collender Company, has made an estimate based on the number of billiard tables in use in public rooms. "I believe that 500,000 tables would be a conservative estimate," he said, "and since it is a known fact that each table, in order to pay, would have to have at least eight players, there must be more than 4,000,000 actual players in this country."

PLAN ATHLETIC BANQUET.

Plans for an athletic banquet, to be held the latter part of next month at which the guests of honor will be the eighteen Y. M. C. A. athletes of the local hexathlon team, which won international honor for 1922, were made at a meeting of the physical department committee last evening. Each of the athletes will receive a special bronze shield, commemorating his prowess. City League basketball prizes will also be presented at this banquet. It was announced that Frank Thorne would manage the burlesque end of the annual circus and gymnastic display in April.

The Women's Missionary Society of St. Andrew's church held a successful thank-offering meeting yesterday afternoon.

Mrs. R. A. Jamieson gave an interesting account of Presbyterian Mission work in Minto—a subject that appeals to all New Brunswickers who are interested in the welfare of the province. The collection taken was more than \$87.

SAID HE COULD NEVER BE WELL

"Fruit-a-lives" Restored Him to Health

159 Avenue Plus IX, Montreal.

"For three years I was a terrible sufferer from Dyspepsia and my general health was very bad. I consulted a physician and took his medicine but I did not improve; and finally he told me that I could not be cured. At this time, a friend advised me to try 'Fruit-a-lives.' After taking two boxes, I was greatly relieved; and this fruit medicine made me completely well. My digestion and general health are now splendid."

GASPARD DUBARD.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

BRITISH FOOTBALL

London, March 22—Association football results today were as follows:

First Division.

Arsenal, 1; Liverpool, 0.

Second Division.

Bradford, 2; Barnsley, 3.

Northern Division.

Chester, 0; Ashington, 0.

Scottish League.

Clyde, 0; Hamilton, 1.

Aberdeen, 2; Abilhon, 0.

The result of the international trial between the home Scots and the Anglo-Scots at Glasgow was a draw of one goal each.

The final for the navy cup played at Portsmouth today was a goalless draw after extra time in a match between Easseyne Royal Marine Artillery of Devonport and the Royal Marine Light Infantry.

Welsh Battalion Win.

London, March 22—In the army cup rugby football final played at Aldershot today between the second battalion Gloucester, the former won by 28 to 7.

Other rugby results were:

Devon, 16; Cornwall, 6.

Portsmouth Services, 8; Guys Hospital, 18.

Northern Union.

Wigan, 34; Hull-Kingston, 4.

NO INTERNATIONAL HOCKEY SERIES

Toronto, March 22—The international hockey series between Granites of this city, Canadian amateur champions, and Westminster, of Boston, for the Hamilton B. Wills trophy, will not be played this season, it was decided today. Granites were loath to play any more games this season, and it is understood there was a hitch in regard to the selection of a third trustee of the trophy to act with W. A. Hewitt, secretary of the Ontario Hockey Association, and Sheriff Haddock, president of the United States Hockey Association. The games may be played next December before the regular season opens.

TO FIGHT IN HALIFAX

Joe Irvine, the local boxer, went to his home in Oromocto yesterday afternoon. He will spend a few days there. Joe expects a match in Halifax in the near future with Johnnie McIntyre, of Sydney, by whom he was defeated last week in a fight in which a large share of the honors went to Irvine.

HOW THEY STOOD IN THE HEXATHLON

Nearly four thousand athletes, representing seventy-four different institutions, competed this year in the international hexathlon contests during the latter part of February, according to a letter received by Captain William Bowles, physical director at the Y. M. C. A., from Dr. John R. Brown, of New York, chairman of the physical department. The high man for the events was J. P. MacDonald of the Toronto Central branch, with 546 points to his name.

The Class "C" standing is headed by the local branch with 2,884 points. Next are: Fargo, N. D., 2,828; Greenville, S. C., 2,789; Galt, Ont., 2,736; Montreal, North End, 2,706; Calgary, 2,669; Moncton, 2,621; York, Pa., 2,594; Augusta, Ga., 2,539; Fort William, Ont., 2,532; Regina, 2,523; London, 2,510; Moultrie, Ga., 2,478; Danville, Ill., 2,463; Bay City, Mich., 2,448; New Bedford, Mass., 2,442; Chester, Pa., 2,392; Corland, N. Y., 2,386; Vancouver, 2,299; Fort Worth, 2,297; Sherbrooke, P. Q., 2,293; Wausau, Wis., 2,145; Chicago, Ill., North Ave., 2,127; Kingston, Ont., 2,072; Montreal, Westmont, 2,018; Petersburg, Va., 1,993; Johnstown, N. Y., 1,911, and others.

It will be seen that the Canadian institutions are well up in the list, particularly Moncton, which comes seventh. The names of local boys who competed



BEAUTY OF THE SKIN

is the natural desire of every woman, and is obtainable by the use of Dr. Chase's Ointment. Pimples, blackheads, roughness and redness of the skin, irritation and eczema disappear, and the skin is left soft, smooth and velvety. All dealers, or Edmondson, Bates & Co. Limited, Toronto. Sample free if you mention this paper.

Dr. Chase's Ointment

are as follows: Andrew Malcolm, Leslie Kerr, Allan MacGowan, C. Urquhart, R. Pattison, Arnold Keen, R. B. Cox, F. Allen, E. Yeomans, Lloyd Ryan, R. B. Turner, W. Wetmore, G. C. Cunningham, W. Peters, George Hudson and J. Brennan.

Use the Want Ad. Way

Our Prices are Pleasant Surprises

Have your new Spring Suit made to measure by the Fit-Reform master tailors. They will make a Suit that will command respect because of its faultless fit and tailoring.

Fit-Reform prices are reasonably low. Fit-Reform hand-tailoring is infinitely superior to any other in Canada, regardless of price.

Fit-Reform

Donaldson Hunt

17-19 Charlotte Street

Canadian National Railways

ACROSS CANADA

THROUGH TRAIN ALL STEEL EQUIPMENT

THE CONTINENTAL LIMITED

LEAVES MONTREAL Daily at 9:00 p. m.

For OTTAWA, NORTH BAY, COCHRANE, WINNIPEG, SASKATOON and VANCOUVER

Connections from Maritime Province Points —Via—

The "MARITIME EXPRESS" and "OCEAN LIMITED"

Connections Also From ST. JOHN Via Valley Railway and Transcontinental at QUEBEC.

The Best Service For Fares, Reservations, Etc., Apply at CITY TICKET OFFICE 49 King St.

ST. JOHN

Registration and Employment Office

160 Prince William St. Phone M. 3429

CAN YOU PROVIDE ANY WORK FOR A MAN OR WOMAN?

Registered at the above office are men and women of all trades and professions; also in general work of all kinds, city or country—

THEY ALL WANT WORK GET YOUR WORK DONE NOW

OUR 19th Annual National Pilgrimage

Under the Patronage of the Catholic Women's League of Canada

To LOURDES—

THE EUCHARISTIC CONGRESS AT ROME

THE PASSION PLAY AT OBERAMMERGAU

Visiting the Principal Cities of FRANCE, ITALY, AUSTRIA, TYROL, BAVARIA, GERMANY, THE RHINE, BELGIUM, AND ENGLAND

Leaving Montreal May 4th by the S. S. "CANADA" of the White Star Dominion Line, via the St. Lawrence route. Returning to Montreal July 15th by S. S. "Canopic" of the same company, with privilege of remaining over in England and France, as long as desired.

\$850.00 INCLUDING ALL EXPENSES.

For illustrated programme, and bookings, write to the organizers.

THE JULES HONE TRAVEL AGENCIES, 83 St. James Street, Montreal. Phone Main 237. Private Exchange.

Sore Muscles

Limber them up with "Bentley's." It irons out the kinks and relieves the soreness—quickly—because it penetrates to the "spot." You can feel it loosen up, and put new life in tired muscles.

A powerful, soothing, counter-irritant for all pain

BENTLEY'S LINIMENT

For Man and Beast

Beecham's Pills

Keep you fit

WILCOX'S

Charlotte Street

Corner Union