

## By the Way, Madam, What's An Ideal Food?

Once, Madam, a June Bride seeking information anxiously asked the heretic (?) three matrimonial ventures the secret of "How to be happy though married."

And the Experienced One's startling recipe:

"Feed the Brute!"

Many a housewife feeds the partner of her joys and cares with mere *fining concoctions without nutrition.*

The poor man is fattened by the process just about as much as the chicken which swallows sand under the impression that it is being fed.

What—did you speak, Madam?

By the way, Madam, Housewife, what's an ideal food?

Don't worry about replying, for Dr. Robt. Hutchison (an eminent authority on such matters) has already defined it:

"An ideal food would contain about one part of *Protein* to 4.2 parts of *Carbohydrates*."

Sounds very scientific, doesn't it, eh?

Protein for bone and brain, and brawn building; Carbohydrates for fat just in comfortable measure to fill out the hollows and prevent the corners from hurting.

Once, Madam, a fellow who loved statistics stayed up nights and evolved the idea that the average man at moderate work requires about .28 lb. of protein to 28 lb. of fat and 99 lb. carbohydrates in his daily food. The harder he works the more he needs.

A woman takes care of eight-tenths as much as a man.

But, Madam, Housewife, plain white bread—made from FIVE ROSES flour—contains these three classes of nutrients in just about the right proportions.

Therefore, feed your man on this ideal food: FIVE ROSES rolls and breadstuffs.

Such bread contains the highest nutrients of the prime Manitoba spring wheat consistent with proper elimination of the hard outside skin.

But a man won't eat your bread simply because it's wholesome or because it's cheap. You know that, don't you, Madam?

He eats with his eyes as well as with his teeth—he wants it *appealing and tasty as well.*

Would you like, Madam, every baked day to take from your oven piping hot a batch of rolls and loaves with an aroma, color, flavor which are your own monopoly?

A crisp, tooth-teasing crust that breaks with a snap; elastic snowy crumb that springs back into shape after being pressed with the finger?

Lofty, well-piled loaves that bring that glow of pride to the maker. All yours for the asking, Madam—If you ask FIVE ROSES from your grocer.

LANE OF THE WOODS MILLING CO., LTD., MONTREAL

## WOODSTOCK STRONG FOR VALLEY ROAD

### Hazen Road Act Not Popular in York County—Three Men Hurt in Douglastown

Woodstock, Jan. 19.—(Special)—The Woodstock Board of Trade at a meeting tonight pledged itself to support only such candidates for federal, provincial or municipal seats as will pledge themselves to support the plan for the Valley road.

The board also decided to recommend the Woodstock Board of Trade at a meeting tonight pledged itself to support only such candidates for federal, provincial or municipal seats as will pledge themselves to support the plan for the Valley road.

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## Fashion Hint for Times Readers



READY FOR GOLF AT PINEHURST

The golf courses at Pinehurst form one of the chief attractions of this winter resort, and already the golf enthusiasts are making ready to go. The younger women are dressing in white for out-door sports

this winter, and this white sweater and felt hat are attractively dainty in the immediate whiteness. For golfing at Pinehurst, the white sweater will be worn over a shirtwaist and a short skirt of wool or mohair.

## THE DEVIL'S AUCTION HAS GONE SMASH

### Yearly Visitor to St. John Theatre Goes Itself Goes Under Hammer

#### NOTES OF STAGE

### Local and Other Theatrical News of Interest—Nordica and Ferrar Carry Things Their Way at the Metropolitan, New York—New Productions

The sale of a special baggage car last week at Parkersburg, (W. Va.) marked the passing of an old theatrical organization which has been well-known in St. John for many years. Charles H. Yale's first production "The Devil's Auction," which was one of the biggest spectacular shows then known to the stage. At the beginning of each new season "The Devil's Auction" was sent out as regularly as clock work and was advertised as an "entirely new production." The management kept the show before the public as long as it was possible to make any money. During the last few years its popularity began to go out and the public was tired of it. Business was bad all along the line this season and the salaries were not forthcoming, so the inevitable happened. They brought suit and the car containing all the scenery costumes and props was attached.

One of the members of the company, Miss Marie Russell, had enough money to get home, but while en route her pocket book was stolen. "The Devil's Auction" was carried off by a train. Some vaudeville artists came to her rescue and raised enough money to enable her to continue her journey. Most all of the other members of the company remained in Parkersburg until they received their share of the amount derived from the sale of the car. Thus ended the career of "The Devil's Auction."

The "Colombia," "Our Own Stock Co." have been playing to good houses in the Opera House during the past ten days, and the plays which they are presenting are meeting with commendation. All the productions are of a high standard and the repertoire includes some of the leading successes of the American stage.

Among the plays which the management have secured for presentation in the near future are "The Girl of the Golden West," David Belasco's success, "Zaira," in which Margaret Anglin starred, "Arizona," which is one of Augustus Thomas' most deserving productions and the authorized version of Marie Corelli's "The Sorrows of Satan." The company will remain for

some time in St. John and should be well patronized.

The St. John's Dramatic Club, of Milford, will present in their hall on next Tuesday evening a very pretty drama entitled "Strife." A good cast of players has been selected, and the performance should be very successful. Immediately after this play, the club will begin rehearsals for the St. Patrick's night benefit.

Their friends in this city will be sorry to hear that the Klark-Urban Co. met with a serious loss yesterday. While enroute to St. Stephen their car of scenery was damaged by escaping steam and as it contained their costumes and other essential effects, it means a considerable drawback to the company.

The concert to be given in St. Malachi's hall on Tuesday evening next by the Y. M. C. A. of St. Joseph promises to be very successful. A number of the best local performers have been secured to take part in the programme, which will consist of musical, vocal and literary numbers.

Invitations will be given this week to the dramatic editors of the local papers to attend the play in the Opera House on Tuesday night and afterwards partake of a lunch with the general manager Paul Hille. Matters of interest in the theatrical line will be discussed and a good time is expected.

An organization which in the last few years has been very active in the presentation of amateur plays is once more coming to the fore in a new production entitled "The Celebrated Case," which will be presented in St. Patrick's hall, Carleton, on next Wednesday night by the St. Patrick's Dramatic Club.

The play of last night on St. Patrick's night has not as yet been decided on, but it will probably be chosen in a few days. The club is also preparing to present on Easter Monday night, one of Gilbert & Sullivan's operas, "The Pirates of Penzance." Judging by recent successes, "Pirates" should be a very successful play.

Miss Mary Robinson who in private life is the wife of A. H. Brown, physician to the St. John's police department, New York, celebrated her wedding on Jan. 15, at Kingston, N. Y. The bride was accompanied by her father, Mr. and Mrs. Brown, invited members of the company and friends from New York.

One of the members of the company, Miss Marie Russell, had enough money to get home, but while en route her pocket book was stolen. "The Devil's Auction" was carried off by a train. Some vaudeville artists came to her rescue and raised enough money to enable her to continue her journey. Most all of the other members of the company remained in Parkersburg until they received their share of the amount derived from the sale of the car. Thus ended the career of "The Devil's Auction."

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## Eating From Gold Plate

Berlin, Germany.—Only millionaires can afford to patronize the "Millionaire's Cafe," recently fitted up in the old Kaiserhof. The furnishings are the most elaborate ever attempted in a public resort.

The waiters wear knee breeches, red vests, blue velvet coats and white gloves. Dishes, costing \$2.50 each, are served on gold plate.

It takes more than powdered flunkies and costly plate to make us really eat. Health and sound digestion are the best sauces. "Fruit-a-tives," the wonderful little fruit and liver tablets, correct indigestion, sour stomach and heart burn, and positively cure dyspepsia, because "Fruit-a-tives" tone up and sweeten the stomach and regulate the bowels.

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## SALE OF MEN'S Underwear and Sweaters

- 50c. Wool Shirts and Drawers 39c. each
- 85c. Ribbed Shirts and Drawers 69c. each
- \$1.00 Extra Heavy Shirts and Drawers 79c. each
- Boys' Fleece Underwear, up to 34 inch 35c. each
- \$1.00 Men's Heavy Cardinal Sweaters 69c. each
- \$1.25 Men's Grey Coat Sweaters 89c. each
- \$1.50 Heavy Sweaters, open neck 98c. each
- 50c. Boys' Sweaters, dark colors, 39c. each
- 75c. Boys' Sweaters, large size, 49c. each

## I. Chester Brown 32 and 36 King Square.

## PAULHAM AGAIN IN WONDERFUL WORK

Los Angeles, Cal., Jan. 19.—By carrying his wife in his biplane on a 22-mile cross-country trip from aviation field to a point half a mile out over the ocean and back, by taking another passenger on a 12-mile flight over the fields and by taking three other passengers, one at a time, on short flights, Louis Paulham established new world's records today for heavier-than-air flying machines.

## DEEP-SEATED GOUGH Cured in Five Hours—New Home-Made Syrup

(Cut this out.)

Progress in medical compounds never ceases, and now it is stated by a prominent medical man that any deep-seated cough or cold on the lungs can be actually cured in five hours by the clock. Opium and morphine have been resorted to in the past, as relief measures. But now it is learned that the system must be treated to rid it of inflammation and congestion. A tonic laxative cough syrup does the work so quickly and thoroughly as to almost astonish. What heretofore has been taken weeks to cure can be accomplished in hours. Get this formula filled or mix it at home and always keep it on hand. One half ounce fluid wild cherry bark, one ounce compound essence cardiol and three ounces syrup white pine compound. Shake the bottle and take twenty drops every half hour for four hours. Then take one-half to one teaspoonful three or four times a day until the system is purified and tones up. Give children less according to age. One filling will usually cure a whole family, as the dose is small.

## ADDRESSES DOCTORS

About thirty of the city doctors were present at the Union Club last night to hear a very interesting paper on acute and subacute pancreatitis, which was read by Dr. Archibald, of the Royal Victoria Hospital, Montreal. Dr. Archibald is a frequent speaker and has a thorough grasp of the subject. He is the leading medical man in Montreal. After the paper was read a general discussion took place in which Doctors White, Emery, Addy and MacLaren participated. Luncheon was served and the gathering broke up shortly before midnight.

From the 26th to the 28th inst., a clock is to be placed at the head of King street to record hourly the progress made in the wiping off of the \$1,500 debt against the Seamen's Institute.

Only One "BROMO QUININE," that is Laxative Bromo Quinine. Cures a Cold in One Day, Grip in 2 Days.

on box. 25c.

The Times Daily Puzzle Picture



SLEIGHING

Oh! pity those who never know The bliss of gliding o'er the snow With youth and love tucked in the seat And jingles ringing through the street.

Find a lively man.

ANSWER TO YESTERDAY'S PUZZLE

Left side down, under tomb.

## INTERCOLONIAL RAILWAY

### Change in Sydney Train Service

on and after January 16, 1910

Trains Nos. 17 and 18 Will be Discontinued

Between New Glasgow and the Sydneys

## CANADIAN PACIFIC

### IMPORTANT CHANGE IN SERVICE WEST OF MONTREAL

Train No. 1 After December 31st will run between Winnipeg and Calgary only.

Train No. 2 Will leave Vancouver December 31st, due Montreal January 4th. Thereafter this Train will run between Calgary and Winnipeg only until about March 1st.

W. B. HOWARD, D.P.A., C.P.R., ST. JOHN, N.B.

A horse driven by James King took flight in British street yesterday afternoon and bolted, throwing the driver to the ground. Mr. King escaped uninjured. The harness was badly damaged.

John Syme, a sailor on the schooner Lucille, found an old leather wallet on the Ballast wharf yesterday. The wallet contained a small amount of silver, a pair of cufflinks and a silver ring.

Light as a feather

YOU'LL be proud to slice the light, snowy-white bread made from "PURITY" flour.

May cost more than some flours, but you'll find it more than worth the difference.

"More Bread and Better Bread"

Western Canada Flour Mills Co., Ltd.  
Mills at Winnipeg, Goderich, Brandon.

**PURITY FLOUR**