

Truth!

THIS is truth. It would not bear our signature otherwise. Neither could we dare to make such a positive offer.

Regal Flour must yield the best quality and the utmost quantity of bread per barrel of any you have ever known. It must make light, white bread and flaky pastry.

If it doesn't your dealer will give back your money; because our signature was not signed to the truth. Then we lose. For we must pay your dealer. And, worse still, you will think ill of Regal Flour. Lest you forget—tear this out and pin to your flour barrel.

Wm. Wallace & Sons

SHIPPING

ALMANAC FOR ST. JOHN, FEB. 1. High Tide, 7.50 Low Tide, 5.25 Sun Rises, 7.50 Sun Sets, 5.25

PORT OF ST. JOHN

Arrived Yesterday. Str Empress of Ireland, 8,028, Foster, Liverpool via Halifax, C. P. R., pass and general cargo.

BRITISH PORTS

Queenstown, Jan 31—Arr, str Baltic, New York.

FOREIGN PORTS

Bridgport, Conn, Jan 29—Arr, str Ex-Ida, St John.

Daily Hints For the Cook

FISH CAKES

Pare 8 potatoes and boil with 1 1/2 cups salt codfish, 1 1/2 hour or till potatoes are done, then pour off water and mash potatoes and chop fish, then add 1 egg, well beaten, 1 tablespoon of butter, 1/8 teaspoon pepper, 1/2 gill of milk, form into small thin cakes and fry in salt pork fat till a lovely brown on both sides.

WHITE CAKE

One cup sugar, 1/2 cup butter creamed together, 1 1/2 cup milk in which dissolve 1 1/2 teaspoon soda, 1 teaspoon cream of tartar, sifted with 1 1/2 cups of flour. Last, fold in the beaten whites of 2 eggs. Flavor with any favorite extract. The yolk can be used for a gold cake or with confectioner's sugar and a little lemon extract for the frosting.

POTATO PUFF

Two cups mashed potato, stir into it 2 tablespoons melted butter and beat to white cream, then add 2 eggs beaten very light, a teaspoon of milk (cream if you have it) and salt to taste.

PLES CURED IN 6 TO 14 DAYS

Your druggist will refund money if PAZO OINTMENT fails to cure and ease of itching, stinging, bleeding or protruding Piles in 6 to 14 days.

Little Beauty Chats By BLANCHE BEACON

A Diet For All SCATTERED here and there over this country are countless women who would be overjoyed to know some simple, harmless way of gaining beauty of complexion and figure. To them I say—drink milk. The milk diet is a miracle worker, as it clothes the thin woman's painfully evident bones with flesh, paints pale lips a vivid



of having patients drink six or seven quarts a day! Nature originally intended it should, your skin growing a pretty pink and white and your figure filling out, you will think nothing of drinking three quarts of milk. I know, I speak.

What ANNE PITENHOUSE SAYS (Copyright, 1913, by the McClure Newspaper Syndicate). Footwear is fascinating these days. It has been laid out of the commonplace with all the rest of woman's apparel and has taken on some of the eccentric effects, as well as the attractive ones, that dominate the clothes of the day.

SAVE THE BABY

Baby's Own Tablets are the one safe medicine to make baby well and keep him well. They are guaranteed by a government analyst to be free from all injurious drugs and are absolutely safe to give even to the newborn babe.

A copy of the Ulster County Gazette, issued on Jan. 14, 1909, is in the possession of E. P. Delameter of Augusta, Me. The paper was published in Kingston, N. Y. This is one of the few existing copies containing a detailed description of the funeral of George Washington, which occurred about a week before this issue.

The SPIRELLA CORSET

Special Boning is a healthful, economical, made to measure, fitted to your shape, comfortable, economical, successful lines; subdues irregularities.

A Sign of Luck

If your eye has been caught by this ad., it is a lucky sign for you, it means that you are going to get wise at last to the fact that when you go elsewhere for your men's wear you are losing money and when you come here you save it. Take advantage of these offerings to get acquainted with the economy of trading here.

Men's Negligee Shirts regular \$1.00 value for 89c. Men's Flannel Shirts regular \$1.00 value for 89c. Men's Derby Hats regular \$2.50 value for \$1.98. Men's Pants regular \$2.25 value for \$1.89.

CORBET'S 196 Union Street

WE HAVE FURNISHED THOUSANDS HAPPY HOMES

WHY NOT YOURS? Our prices are low, our stock large and well selected.

Our Furniture gives you best possible satisfaction in style, quality and workmanship. Drop in and see, we are always pleased to show goods.

J. MARCUS, - 30 Dock St.



Children's Colds From Wet Feet and Chilled Bodies.

A puddle of water or patch of ice is an irresistible temptation for every boy, and most girls. The result is usually wet feet, chilled bodies, coughs and colds. The children must be safeguarded, for, if they do survive the frequent coughs and colds, it is often with the lungs so weakened that they become chronic sufferers from bronchitis or consumption.

Dr. Chase's Syrup of Linseed and Turpentine will almost invariably cure a cold, and that quickly, if taken at that critical time when it is settling on the chest. It kills the germs, for there is no greater germicide than turpentine. It soothes the irritation which causes coughing, clears the air passages, and positively cures the cold.

Dr. Chase's Syrup of Linseed and Turpentine

By the way, the Louis Quatorze heel is in high favor, and it is quite sensible if one doesn't try to walk on pavements in it. It is that straight, extra high heel placed well in toward the middle of the sole and it supports the instep admirably. It first came out in scarlet and it is still worn in that gaudy color in the Kingdom, but it has now made its appearance in gold, in silver, to say nothing of platinum set with brilliant stones.

By the way, the Louis Quatorze heel is in high favor, and it is quite sensible if one doesn't try to walk on pavements in it. It is that straight, extra high heel placed well in toward the middle of the sole and it supports the instep admirably.

AGAIN THE HIGH HEEL. Twice as many women wear the high curved heel as when it first came out. The Spanish heel was a substantial help to walking, and it should have remained as the only high kind tolerated on the street, but somehow that curved heel made sharp inroads upon the straight one and women who looked as though they might be counted on for common sense appeared in them on the street with severe twisted ankles.

Summer Weather in Boston Boston, Jan. 31—The warmest January in the history of the recorder service in Boston went out today in a blaze of sunshine with the thermometer reaching a maximum for the day of 68 degrees.

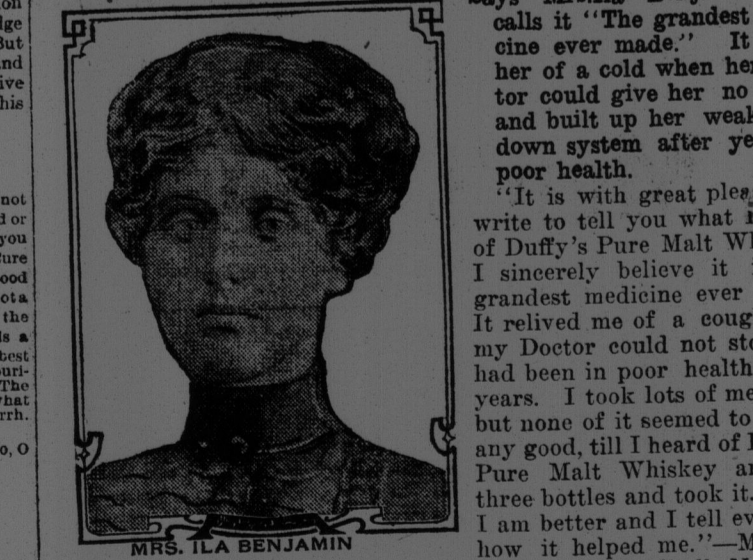
NEW DRUGGISTS. The semi-annual examinations of the New Brunswick Pharmaceutical Society were held on Jan. 29 and 31, in the society's rooms, Market building. The results are as follows: Passed in general subjects, G. D. Nixon, Moncton; A. McDonald, Campbellton; J. A. Titus, St. John. Passed in all subjects, Claude C. Avery, Moncton; George A. Cameron, Gordon C. Morrell, St. John; William Logan, St. John; O. C. Johnson, Grand Harbor, Grand Manana. The examiners were M. V. Paddock, Ph. C., chemistry; Andrew D. Johnston, Ph. C., dispensing; Dr. G. U. Hay, general subjects; N. B. Smith, pharmacy; E. R. W. Ingraham, materia medica.

STYLES IN HOSIERY

Painted Stockings or Floral Design is Paris Problem Paris, Jan. 31—A perplexing question Parisiennes are now trying to decide is whether in the matter of hosiery they shall adopt the American painted variety or the floral decorations from Vienna.

NEW COMMANDER OF TURKISH ARMY Constantinople, Jan. 31—Izzet Pasha, chief of the general staff of the war office, who after the resignation of Kian Pasha's cabinet assumed provisionally the portfolio of minister of war, has been appointed commander-in-chief of the Turkish forces in succession to the late Naz Pasha. Izzet today addressed a general order to the troops notifying them of assumption of command of the army, calling on them in this critical moment Ottoman history to show themselves worthy of a glorious tradition of their race as true sons of noble ancestors.

"STOPPED MY COUGH AND GAVE ME HEALTH"



Duffy's Pure Malt Whiskey has brought during the past half century the blessings of health to thousands of the overworked, delicate and sickly. It overcomes all weakening, wasting and rundown conditions of the body, brain and muscle, and is wonderfully effective for all throat, lung and stomach troubles.

BE SURE YOU GET DUFFY'S Sold in SEALED BOTTLES ONLY by druggists, dealers and hotels. Write our doctors for advice—absolutely free—with valuable illustrated medical booklet. The Duffy Malt Whiskey Co., Rochester, N. Y. The Canadian Drug Co., Ltd., Local Distributors.