# MC 2035 POOR DOCUMENT

THE EVENING TIMES AND STAR, ST. JOHN N. B., THURSDAY, FEBRUARY 13, 1913

PORT OF ST. JOHN. Stmr Bray Head, Butt, Belfast, Wm Thomson Co. general cargo. Stmr Bornu, Dutton, Nassau, Havana, and Mexican ports via Halifax, J T Knight Co, general cargo.

CANADIAN PORTS. Halifax, Feb 12—Ard, stmr Ionian, Glasgow; Royal Edward, Bristol.
Sld—Stmrs Manchester Inventor, Manthester; Volturno, New York; Oranmore, Boston; City of Sydney. New York.

SUFFRAGETTE PILGRIMS ON HIKE TO WASHINGTON



amount of her salvage by the strains on, has been laid up at St Martins.

Two days behind her schedule the Pickard and Black steamer Oruro reached alifax from the British West Indies and about for this amount was given before alifax from the British West Indies and a bond for this amount was given before alifax from the British West Indies and a bond for this amount was given before alifax from the British West Indies and a bond for this amount was given before alifax from the British West Indies and a bond for this amount was given before alifax from the British West Indies and the Uranium left port.

This is based on 22 per cent. of the alarve schoner Muriel M Richard, which prung aleak and foundered last month off the alarve schoner Muriel M Richard, based on 22 per cent. of the alarve schoner Muriel M Richard, which prung aleak and foundered last month off the alarve schoner Muriel M Richard, based on 22 per cent. of the alarve schoner Muriel M Richard, which prung aleak and foundered last month off the alarve schoner Muriel M Richard, which prung aleak and foundered last month off the alarve schoner Muriel M Richard, which prung aleak and foundered last month off the British West Indies and the Uranium left port.

This is based on 22 per cent. of the salve of the ship and cargo.

CRESCENT FAIR.

The Crescent fair in aid of the Temple of Honor Band was continued last evening in Temple building, Main street. There was a large attendance and the Artillery was a large attendance and the

You Always SAVE MONEY When Yoy Buy - FROM -J. MARCUS, - 30 Dock St.



#### Little Beauty Chats By BLANCHE BEACON

The Art of Smiling



### AIDING THE LOCAL FIGHT

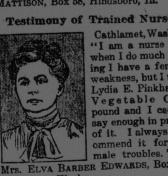
This Will Stop Your Cough in a Hurry Save \$2 by Making This Cough Syrup at Home,

## FOR INDUSTRIAL SITES



### TROUBLES GONE Terrible Cramps, Dizzy Spells Nervousness, Misery—Her

Story of How She Got Well Again.



### Did You Ever Count Your Own Heart-Beat?

The Heart "thumps" when you run hard, It "flutters" from excitement and emotion.

#### Tea and Coffee-drinking makes it do both!

Many a person carries a very fine watch and is mighty careful that no harm comes to his timepiece. It

ticks 120 times each minute, and he winds it once a day. His heart (wound up for a lifetime) beats about 72 times each minute, but he gives it little or no attention until Nature forces the fact home that it is working too fast or too slow.

If the watch ticked faster it would run down more quickly.

How about the heart?

Thousands "whip" their hearts into unnatural action by the use of tea and coffee.

A cup of tea or coffee contains from 11/2 to 3 grains of coffeine, a poisonous drug. Its effects are suble, but sure. A pretty good way to find out whether tea and coffee are harming YOU is to

#### Count Your Own Heart Beat

If you find an irregularity—faster or slower than about 72 Beats per minute-and value your future health and comfort

Stop Tea and Coffee

### This can be done without any sense of loss by shifting to POSTUM

The breakfast cup will be just as hot and satisfying and you will have set a rebuilder to work in place of a

Postum is made, by special process, from choice Northern Wheat and the juice of Southern Sugar-cane, It is absolutely free from caffeine or any other drug. It is really a food-drink, nourishing and invigorating. Postum now comes in an improved form called

# Instant Postum

It is regular Postum percolated at the factory and reduced to a soluble powder. A level teaspoonful in a cup with hot water makes a delicious beverage instantly.

Postum has been a revelation of comfort to an amazingly large number of people in the last 17 years. If you are interested in having your due of health, try the change to Postum.

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Pure Food Factories, Windsor,