

SHIPPING

ALMANAC FOR ST. JOHN, FEB. 13. A.M. P.M. High Tide... 4.14 Low Tide... 12.38 Sun Rises... 7.34 Sun Sets... 6.44 Time used is Atlantic standard.

PORT OF ST. JOHN. Sailed Yesterday. Star Bray Head, Butt, Belfast, Wm Thomson Co, general cargo. Star Bonn, Dutton, Nassau, Havana, and Mexican ports via Halifax, J. I Knight Co, general cargo.

CANADIAN PORTS. Halifax, Feb 12—Ard, stmr Ionian, Glasgow; Royal Edward, Bristol. St—Stms Manchester, Inventor, Manchester; Voltorno, New York; Oranmore, Boston; City of Sydney, New York.

BRITISH PORTS. London, Feb 12—Ard, stmr Montrose, St. John.

FOREIGN PORTS. New York, Feb 12—Ard, sclr Maud R Dudley, Portland (Me). New York, Feb 12—Sclr, schrs Lawson, Shelburne (NS); Ann J Trainor, Calais; Vineyard Haven, Feb 12—Sclr, schrs Percy C. Halifax (NS); Willie M. Maxwell, Calais.

ANTWERP, Feb 12—Ard, stmr Mount Temple, St. John.

MARINE NOTES. C. M. Morrison reports the schooner Laura M. Hunt and Luella loading lumber, the former for New York, the other for Boston.

The schooner Pesequid, C. M. Morrison, has been laid up. The schooner Walter Miller, C. M. Morrison, has been laid up at St. Martins.

Two days behind her schedule the Pickford and Black steamer Orvo, reached Halifax from the British West Indies and Demerara with passengers and cargo. On board were the shipwrecked crew of the LaHave schooner Muel M. Richard, which sprung a leak and foundered last month off Dog Island, near St. Kitts.

She was then hoisted home from St. Martins with salt. The names of the men are: Captain Har- seld C. Richard, Daniel E. Wilkie, Stan- gus Corcum, William Publicover, Wil- liam Hirtle, Angus Himmelman and Amos Richardson.

Captain Bale said that he had had the toughest passage this trip that he had ex- perimented for many years. From Satur- day until Monday there were heavy north- west gales, and the ship could make but little headway, taking five and a half days from Bermuda, a run she usually does in four. Monday morning was the worst pe- riod on the voyage and the ship battled with heavy seas and snow squalls and a dense vapor.

In an interview with the Montreal Star on Tuesday, G. M. Bosworth, vice-pres- ident of the C. P. R., said that a fine new steamer for the St. John-Digby route was now being constructed and would be ready for service in the early summer. It would have a speed of 22 knots and would make the trip in two hours, cutting off about

SUFFRAGETTE PILGRIMS ON HIKE TO WASHINGTON



Suffragette, led by "Gen." Rosalie Jones, are on their "pilgrimage" to Washington from New York to take part in a great suffrage demonstration the day before the presidential inauguration.

Their dress and the staffs they carry are in imitation of those used by the old "pilgrims" on their long journeys to the Holy Land in the middle ages. The cloaks are rain-proof, and have capes which can be raised to cover the head in bad weather. Inside the cloaks are big pockets to carry provisions and personal luggage.

Of 200 who left Newark on Wednesday morning only sixteen remained when Metuchen, N. J., was reached that night. Tired and cold they quit in tens and twenties.

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 Band rendered a fine programme. This evening the Sons of England Band will play. The door prize was won by Mrs. E. S. Robertson with ticket 208. The other prize winners were as follows: Hoopla, E. Carlson; bean board, Ralph Coleman; howling alley, K. Robertson; plate game, R. Coleman.

AT THE Y. M. C. A. The monthly meeting of the Physical Education committee of the Y. M. C. A. was held last night. F. A. Dykeman presided. The new uniforms for the basketball team were approved, and the instructor was authorized to have two bubble drinking fountains installed in the gymnasium. A second course in night school work will be commenced this evening in the Y. M. C. A. Some new students will also be entering.

It was at a charity dinner. A careless waiter split a plate of soup over one of the elegantly present.

"What!" he began. Then, remembering himself, he turned to his neighbors and asked—"Will some layman kindly say a few words appropriate to the occasion?"

Daily Hints For the Cook

APPLE AND CRANBERRY PIE

Line a pie plate with a piece pie crust and bake; then fill with 2 1/2 cups of cooked apples, one cup of cranberry sauce sweetened to taste and a little nutmeg. Mix all together; make a frosting of the whites of two eggs and brown in oven.

FRUIT PUDDING

Bake batter pudding with fruit—Quarter of a pound of flour, salt, half pint of milk, two eggs, quarter pound of fruit, half ounce of butter, sugar. Put flour in a basin, add quarter teaspoon of salt, stir in gradually half pint of milk. When sufficiently liquid beat with a spoon. Break an egg into a cup; add it to the batter, beating lightly till thoroughly mixed, then repeat with the second egg. Grease a pie dish—grease it well—add pour in batter. Take quarter pound of any fruit, sprinkle it into the batter, and put two or three pieces of butter on top. Put dish in oven to bake for half an hour. When taken out sprinkle some sugar on the top.

CROWN PRINCESS OF GERMANY TO WED IN OCTOBER

Berlin, Feb. 12—It is understood here that the marriage of Princess Victoria Louise, only daughter of the German emperor and empress, to Prince Ernst August, son of the Duke of Cumberland, will take place in October next.

Advertisement for J. Marcus Furniture. Text: 'You Always SAVE MONEY When You Buy FURNITURE FROM J. MARCUS, - 30 Dock St.' Images show various pieces of furniture like chairs and tables.

Advertisement for Lipton's Jelly Tablets. Text: 'And it tastes as delicious as it looks LIPTON'S JELLY TABLETS Every Little Tablet has a Flavor all its own' Images show a woman and a child.

Advertisement for Little Beauty Chats. Text: 'Little Beauty Chats By BLANCHE BEACON' Images show a woman's face.

THE ART OF SMILING This may be somewhat difficult for you to do at first but in a little while you will never think of opening your mouth when you smile. Don't smile as widely as you please, lady fair, but keep the mouth closed, as no one cares to see the red interior. The open-mouthed smile is a thing of horror



as a consummation devoutly to be hoped for, and should be tabooed by all lovers of beauty.

Tilt your chin up when you smile, as this gives you a most engaging look. If you can also manage to curl your upper lip back, do so, as this will give you a prettier smile.

Don't smile crookedly, as then people know there is a tooth missing. Loat, but not least, vary your smiles. Cultivate the coy, playful smile, the happy smile and the serene smile. Practice and practice alone will make you letter perfect in the art of smiling.

THIS WILL STOP YOUR COUGH IN A HURRY

Save \$2 by Making This Cough Syrup at Home.

This recipe makes 15 ounces of better cough syrup than you could buy ready made for \$1.50. A few doses usually conquer the most obstinate cough—stops even whooping cough quickly. Simple as it is, no better remedy can be had at any price. Mix two cups of granulated sugar with one cup of warm water, and stir for 2 minutes. Put 2 1/2 ounces of Pinex (fifty cents worth) in a 15-ounce bottle; then add the Sugar Syrup. It has a pleasant taste and lasts a family a long time. Take a teaspoonful every one, two or three hours. You can feel this take hold of a cough in a way that means business. Has a good tonic effect, braces up the appetite, and is slightly laxative, too, which is helpful. A handy remedy for hoarseness, croup, bronchitis, asthma and all throat and lung troubles. The effect of pins on the membranes is well known. Pinex is the most valuable concentrated compound of Norwegian white pine extract, and is rich in gualac and all the natural healing pine compounds. Other preparations will not work in this formula. This Pinex and Sugar Syrup recipe has attained great popularity throughout the United States and Canada. It has often been imitated, though never successfully. A guarantee of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will let it for you. Do not send to the Pinex Co., Toronto, Ont.

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 1 1/2 to 3 grains of caffeine, a poisonous drug. Its effects are subtle, 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 re-builder to work in place of a destroyer. 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, Ont.

OPEN LAND NEAR CITY FOR INDUSTRIAL SITES

The possibility of opening up the large stretch of land between Millidgeville road and the Kennedycross for use as industrial sites, was brought to the attention of the city commissioners yesterday, and will be given attention by the commissioner of public lands. The commissioners also inspected the land in Cedar Grove Crescent, which the Parke' estate is subdividing, and where the city has been asked to take over streets.

Mr. Green—"No, my dear, I will not tell you what I'm going to give you for Christmas. Why can't you women be content to wait and be surprised?" Mrs. Green—"Oh, you tell me now! If you keep your word I'll be quite surprised enough."

Advertisement for Old Dutch Cleanser. Text: 'Old Dutch Cleanser Gets right down and digs out the dirt! Try it on your Kitchen Floor—Many uses and full directions on Large Sifter—Can. 25c' Images show a woman and a product bottle.

THIS WOMAN'S TROUBLES GONE

Terrible Cramps, Dizzy Spells Nervousness, Misery—Her Story of How She Got Well Again.

Hindsboro, Ill.—"Your remedies have relieved me of all my troubles. I would have such bearing down misery and cramps and such weak, nervous, dizzy spells that I would have to go to bed. Some days I could hardly stay up long enough to get a meal. "The doctor's medicine did me no good so I changed to Lydia E. Pinkham's Vegetable Compound and got good results from the first bottle. I kept on taking it and used the Sanative Wash with it until I was well again. I think every woman who suffers as I have, could take no better medicine."—Mrs. CHARLES MATTHEWSON, Box 58, Hindsboro, Ill.

Testimony of Trained Nurse.

Cathlamet, Wash.—"I am a nurse and when I do much lifting I have a femal weakness, but I take Lydia E. Pinkham's Vegetable Compound and I can say enough in proof of it. I always recommend it for female troubles." Mrs. ELYA BARBER EDWARDS, Box 5 Cathlamet, Wash.

The makers of Lydia E. Pinkham's Vegetable Compound have thousands of such letters as those above—they tell the truth, else they could not have been obtained for love or money. This medicine is no stranger—it has stood the test 17 years.