

"77" COLDS

Humphreys' Seventy-seven For Grip, Influenza, 8 Keep-Well Rules

"Keep out of crowds as much as possible."
"Sleep in a room with the windows wide open."
"See that your office or shop is well ventilated."
"Walk a mile in the open air twice a day."
"Cover up each cough and sneeze with your pocket handkerchief for the protection of others."
"Don't spit on the sidewalk, and help enforce the ordinance against it."
"Don't overeat."
If these precautions fail you, don't wait until your bones begin to ache, take "Seventy-seven" at the first chill or shiver to break up the cold.
At Druggists, 25 cents or mailed.
Humphreys' Home, Medicine Co., 156 William Street, New York.

CONSERVATIVE CLUB OFFICERS

At a meeting of the St. John Conservative Club last evening a resolution was adopted expressing confidence in Premier Borden and his colleagues. Officers for the coming year were elected as follows: F. L. Potts, president; James Sproul, 1st vice-president; John Wood, 2nd vice-president; George McKinney, secretary; J. A. W. Waring, treasurer; R. W. Wignmore, Christopher Spence, Frank Lewis, Frank Cowdin, Henry Lowe, Chas. M. Lingley, Albert Winchester, Harry Green, Arthur Blackie, John Alexander, Fred Nobles, Geo. Akrieley, Walter Knowles, executive committee.

Sore Corns Absolutely Painless
No cutting, no plaster, no pain to press the sore spot.
Putnam's Extractor makes the corn go with-out pain. Take out the thing over night. Never fails to leave no scar. Get a 25c bottle of Putnam's Corn Extractor today.

Doctor Says Crying Need Of the Woman of Today Is More Iron in Her Blood

TO PUT STRENGTH IN HER NERVES AND COLOR IN HER CHEEKS

Any Woman Who Tires Easily, is Nervous or Irritable, or Looks Pale, Haggard and Worn Should Have Her Blood Examined for Iron Deficiency

Administration of Nuxated Iron in Clinical Tests Gives Most Astonishing Youthful Strength and Makes Women Look Younger

"There can be no healthy, beautiful, rosy-cheeked woman without iron," says Dr. Ferdinand King, a New York physician and author. "In my recent talks to physicians on the grave and serious consequences of iron deficiency in the blood of American women, I have strongly emphasized the fact that doctors should prescribe more organic iron—nuxated iron—for their nervous, run-down, weak haggard-looking women patients. Pale, thin, nervous, and anemic women are pale, the flesh is flabby, the muscles lack tone, the brain fags and the memory fails, and often they become weak, nervous irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks. In the most common foods of America, the starches, sugars, syrups, cereals, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago farina, degerminated cereal no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing down the waste pipe the water in which our vegetables are cooked, are responsible for another grave iron loss."

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt."

"As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved who now die every year from pneumonia, grippe, consumption, kidney, liver, heart trouble, etc. The real and true cause which started their disease was nothing more nor less than a weakened condition brought on by lack of iron in the blood."

"On account of the peculiar nature of woman, and the great drain placed upon her system at certain periods, she requires iron much more than man to help make up for the loss."

"Iron is also absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can

CALLS ON AMERICA TO FREE BELGIANS

Belgian Writer Suggests That Americans Cross to Canada to Form Anti-Slavery Corps

Paris, Jan. 11.—Gerard Harry, editor of the independence Belge, in an article on the Belgian deportations, compares them to the conditions of the slave market as described in "Uncle Tom's Cabin." He appeals to the American public in the name of its past fight to rid the world of slavery to take a similar stand regarding his compatriots.

"Fifty years ago," he says, "the American people nobly inflicted upon themselves the terrible evil of nearly five years of civil war in order to rid their land of black slavery. The fate of the American negroes, however, was immeasurably less pitiful than that of the Frenchmen and Belgians taken from their homes and families into bondage and made to work for their enemies. There are few more unselfish traits in the world's history than the original motive of the American Civil War. Do not past noble deeds oblige those who accomplished them to repeat them when necessity arises? I am induced, as the spokesman of many Belgians, boldly to ask the American people: Who freed the blacks at so great a cost, what are you going to do for the enfranchisement of the white slaves? For Europe? For the citizens whom the Kaiser is chaining to his war chariot, who are suffering three times the moral torture of the former black slaves?"

"It is the duty of anyone addressing you in such a poignant theme to arm you that remonstrances to the Kaiser and his people are doomed to failure if they are not translated into action. Is there any American law which would prevent private citizens from crossing the Atlantic or the Canadian border and engaging under what might be called the anti-slavery flag to assist in fighting the white slave raiders of Europe? Such an anti-slavery corps would not break the rules of neutrality or take sides with France, Great Britain and Belgium against Germany. It would resemble a body of crusaders, with the difference that instead of attempting to rescue a handful of cold ashes from unbelievers, its object would be to rescue thousands of martyrs from their torturers."

M. Harry has dedicated a long article on the subject to ex-President Roosevelt.

DANDRUFF GOES! HAIR GETS THICK, WAVY, BEAUTIFUL

Save your hair! Double its beauty in a few moments Try This!

Hair stops coming out and every particle of dandruff disappears

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all.

Danderine is to the hair what fresh showers or rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

ITALIANS LOSE ANOTHER LARGE BATTLESHIP WITH GREAT LOSS OF LIFE

The Italian battleship Regina Margherita struck a mine and sank on December 11, according to an official announcement made yesterday. Of those on board 76 perished and 270 were saved.

ARE PRISONERS OF WAR IN GERMANY

The accompanying picture is of unusual interest because of the fact that it is one of the very few pictures of Canadian prisoners in Germany which have been received on this side of the



Private Ernest Clayton, on the left, and Private Williams, of this city, in their prison camp in Germany.

The picture is of the greater interest as the men shown are both from this city. They are Private Ernest Clayton, son of J. P. Clayton, superintendent of Fernhill, and Private Williams, formerly an engineer on the I. C. R. Both enlisted here with the 6th C. M. R. Both men were captured during the big drive last year and have been in German prison camps since then. Judging from their appearance both are well fed and in good health, a condition for which generous boxes sent from home may help to account. The uniforms are not those of the Canadian troops but Private Clayton still wears his military badge. His shoes are said to be of Watertbury & Rising make, presumably a gift from home.

In recent letters it is said that both are well and are being treated first class. They have been sent to different places in working parties, chiefly for the purpose of digging potatoes. They say that their friends need not worry, should they not hear from them for several weeks at a time, as they receive neither mail nor parcels while on these working parties.

WILL JOIN AGAIN.

William M. Whiteside of this city, who was with the Williams Circus and Carnival Company as special agent last year, will be back with the show this season. He received a letter yesterday asking him to re-join the position and as the terms are satisfactory, he has decided to do so. The show will open in New Brunswick in the spring. The company travels in a train of fourteen cars and is managed by Ben Williams, a former resident of St. John, C. B. M. Whiteside says he thinks the show will visit Maine and the maritime provinces this year.

(The Bill Board.)
New York, Jan. 9.—Before departing for his home in St. John, N. B., Parker O'Leary, who was here on a visit and incidentally attended the Outdoor Showmen's Christmas Dinner at the Hotel Astor, signed contracts with the Eastern Amusement Company, of which W. J. Popa, Foster, also a St. John man, is at the head, to place his Crazy House, Geek Show, and a high class vaudeville show as well as a few concessions, with that caravan the coming season. These almost complete the line-up, which consist of three riding devices, eight shows, Marvelous Melville, with his sensational free act, an American twelve piece band and thirty concessions. Mr. Foster is now negotiating with the owner of a privilege car, which, if satisfactory arrangements can be made, satisfactory arrangements can be made.

Bright happy Babies

—are always healthy babies. Mothers everywhere are enthusiastic in their praise of Woodward's for the simple ailments of infants and young children.

WOODWARD'S GRIPE WATER

helps build bright, bonny babies—and keeps them healthy and contented. It relieves and prevents Colic, Convulsions, Gripes, Wind, Acidity, etc., and is particularly valuable during the period of teething. The youngest infant can take it with perfect safety. Doctors and Nurses endorse Woodward's.

At All Druggists
Canadian Agents
H. F. RICHES & Co., Ltd., Toronto, Ont.

TO STOP BAD COUGH

SOOTH DRY, IRRITATED THROAT WITH PARMINT SYRUP. SAYS THIS OLD-FASHIONED COUGH MEDICINE IS THE BEST.

We are told that the old-time remedies are best and invariably contain less harmful yet better medicine than those which are in use today. This being so, undoubtedly the following old-fashioned recipe which is quick acting will be welcomed by many there seems to be a regular epidemic of coughs at the present time. Secure from your druggist 1 ounce Parmint (clove strength). Take this home and add to it a quarter pint of hot water and 4 ounces of granulated sugar, stir and allow to stand overnight. Take a tablespoonful four times a day. No more racking your whole body with a cough. Clogged nostrils should be open, air passages of your head should clear and your breathing becomes easy. Parmint syrup is pleasant to take, easy to prepare and costs little. Every person who has a stubborn cough, hard cold or catarrh in any form should give this prescription a trial.

The Great Bread Flour

"REGAL" Flour

Is Milled Exclusively In

MONTREAL

—BY—

The St. Lawrence Flour Mills Co. Limited

will be added to the show, bringing the number of cars up to fifteen.

ALUMNI PLANS STUDENT LOANS AND MEMORIAL TO SOLDIERS

At a meeting of the U. N. B. Alumni in the Pugsley Building last evening, it was decided to do away with the present method of awarding the annual scholarship. Instead the society will make a loan of \$100 for two successive years to a deserving student, the loan to be returned in six years. The suggestion that a memorial be provided to the U. N. B. men who have fallen in the war was referred to a committee.

NEW POSTMASTER-GENERAL APPROVES OF "BERLIN"

One of the first official acts of Hon. P. E. Blondin, the new postmaster-general, has been to cancel the order made by his predecessor to the effect that all letters addressed to "Berlin," Ont., will go to the deadletter office. Under the new rule they will be sent to Kitchener, Ont.

FRED LANE DEAD

Fred Lane, aged forty-two years, whose skull was fractured while working in McAvity's foundry on Tuesday morning by a bursting emery wheel, died this morning in the General Hospital. His wife and family reside in St. Vincent's Island, West Island.

You'll always have nice clean pantry shelves if you go over them occasionally with

Old Dutch

Show Your Practical Sympathy with Slave-Raided Belgium

If ever Belgium needed sympathy—OUR sympathy—she needs it now! To the ravages of fire, sword and a savage, brutish soldiery, Germany has added deliberate, cold-blooded slave-raiding.

Over 100,000 Belgian workmen have already been snatched from their homes and taken into slavery in unknown places. The mothers, wives and children who beg for their release are driven back by the Huns in utter despair. Neutral protests have failed to change Germany's inhuman purpose, nor can the Allies free Belgian manhood until the Teutons are crushed.

But we can save the women and children through the neutral Belgian Relief Commission, which is feeding three million of them. We can express our indignation, and our sympathy with our Ally's wrongs, in a practical way, by giving more liberally than ever to the Belgian Relief Fund.

Make this a personal matter! Decide what you can afford to give, and send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques Payable to Treasurer

Belgian Relief Fund

59 ST. PETER STREET, MONTREAL

The Greatest, Most Efficiently Organized Relief Work The World Has Ever Seen.

JAMES H. FRINK, TREASURER OF PROVINCIAL BELGIAN RELIEF COMMITTEE, ST. JOHN, N. B.