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THE EVENING TIMES AND STAR, ST. JOHN N B., MONDAY, MARCH 17, 1913

GIRL SUFFRAGETTE TELLS OF FORCED FEEDING

Little Beauty Chats

By BLANCHE BEACON

The Beauty Should Guard Against Taking Cold

Refuse to become a cold-ridden woman if you value your health and comeliness. It is quite possible to avoid colds if you are willing to take ordinary precautions against them. Are you? Don't all say yes at once! Since you wish to be free of colds, then see to it that you regulate your clothing according to the changes of the weather.

clothing according to the changes of the weather.

Unless you have hardened yourself to wearing gauze and lisle underwear, invest at once in several pair of woolen undergarments and wear them until spring is with us. This is one way of keeping a disagreeable cold at a respectful distance.

As many colds in the head are the result of chilled feet, the winter girl should never go out without first donning a pair of thick-soled shoes, and I won't say her may if she decides to wear inner soles made of felt and cork.

It is a pragtice of many cold-free women to take a certain precautionary measure during wintry days. Several times a week they sponge the chest, both night and morning, with cold water, then rub the flesh dry and massage in a little alcohol. Go you and do likewise.

Muffling the throat in heavy furs, is a frequent cause of colds, as the throat becomes very sensitive, thus falling a ready victim to an annoying cold.

Unless you want to be the unhappy owner of a red nose and swollen lips and eyelids, to say nothing more, pay due heed to my cold weather hints.



PORT OF ST. JOHN.

Arrived Sunday.

Sailed Saturday

Fatality of Whooping Cough

Many parents think lightly of whooping cough and treat it as a necessary evil, not giving the child who has it any special rime used is Atlantic standard.

A.M. P.M. High Tide.6.30 Low Tide12.55 Sun Rises.6.37 Sun Sets6.28 Time used is Atlantic standard.

The seriousness of whooping cough was emphasized by the Medical Health Officer in Toronto a few months ago, when he reported 14 deaths during the month from whooping cough, and only ten from scarlet fever, typhoid fever and measles combined.

Stmr Lake Michigan, 5,340, Parry, from London and Antwerp, C P R, pass and gen cargo.

Stmr Lingān, 2,603, Paterson, from Louisburg, Star, with coal. So many people write to us about the relief and cure of whooping cough by the use of Dr. Chase's Syrup of Linseed and burg, Star, bal.

use of Dr. Chase's Syrup of Linseed and Turpentine that we can recommend it with the greatest confidence.

It loosens the cough, aids expectoration and by its soothing influence prevents the terrible paroxysms of coughing which are so distressing to witness, and which wear away the strength of the child. By using this treatment the disease is held in check, and cured in a few weeks, instead of months. Look for the portrait and signature of A. W. Chase, M. D., on the bottle you buy. There are many imitations.

Schill Thutustola, burg, Star, bal.

Sailed Sunday.

Stmr Briardene, Faulkner, for West Indies via Halifax, Wm Thomson & Co, gen cargo.

Stmr Corunna, McDonald, for Louisburg Starr, bal.

CANADIAN PORTS.

Halifax, N S, March 16—Ard 15; stmrs Victorian, from St John; MacKay-Bennet, sea; Nanna, from Liverpool (N S.)

Sld 15th—Stmr Parisian, for Portland.

PROPOSED LAW WOULD HIT

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SALE OF CANADIAN LANDS

Lincoln, Neb., March 17—Canadian emigration from Nebraska, and the sale of Canadian lands in this state are both seriously menaced by a bill before the state legislature with every indication of soon being enacted into law. The bill was not aimed directly at Canadian lands, but its effect will be very detrimental to the sale in Nebraska of lands in any foreign country.

Should the bill become a law, every agent offering Canadian lands for sale in this state must first have his land itself examined by a state board. Then, after receiving permission of this board to do business in the state, he must pay \$25 for a license and put up a bond of \$10,000.

But his troubles are just beginning. If the agent eays twenty bushels are not forthcoming, the buyers of the farm must make good. If there is drought, or for any other reason, the twenty bushels are not forthcoming, the buyers of the farm can bring suit against the agent and recover damages.

BRITISH PORTS.

Glasgow, March 15—Ard stmr Cappalan. Know St John. London, March 15—State stmr Hesperian, St John.

Cardiff, March 14—Sld stmr Leuctra, Butler, to Santa Fe.

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Glasgow, Marc

fects. I have had it from the lips of Lillian Lenton, released from jail because

Lillian Lenton, released from jail because she was starving herself to death.

"I refused to eat in Hollway prison, where I was held awaiting trial and so they tried forcibly to feed me," whispered Miss Lenton. "There were two doctors present and seven wardresses. I struggled with the wardress, but they overpowered me and tied me into a chair.

"I went on struggling the whole time, after that. They pulled my head across the back of the chair, by my hair.

Finally one doctor put a rubber tube into my nostril and they tried to pour some soup into the tube. I managed to jerk the tube out of my nose before they poured anything down. They got the tube into my nose at last and it became very hard for me to breathe. My breathing was noisy and rattly. The doctor told me to breathe more quietly.

"I didn't want the other girls who had been arrested with me to hear me breathing that way, because it would frighten them, but I couldn't help gurgling and making a noise, I was breathing with the greatest difficulty and could not speak.

"They poured in food twice, but it came back through my throat at once and I coughed violently. The whole time the tube was in my nose I was coughing violently."

"A volce said something which I did

(By William G. Shepherd)

suffragets of London?

eans to be forcibly fed by the method ow being resorted to by English prison authorities in the cases of the rebelling Well, here is the first actual word-ofmouth story of the methods and the ef-

"A voice said something which I did not catch and a man's voice answered. "Yes, go on."

"Then something was poured into the tube and again it came straight back to my mouth. Then they took out the tube and untied me and I got up but fell back and untied me and I got up but fell back against the wall. The wardresses brought my bed into the cell, one mattress and a pillow spread on the floor and helped me onto it and then left me.

"I began to be in pain from the waist"

LILLIAN LENTON

upward. The pain became intense and I gromise. I will keep it, of course.

"They gave me brandy in beef tea and milk with brandy, for the doctor said I must take something to help me stand the trip from the prison, I wouldn't have taken it if they had not have been going to let me go. The doctor and a wardress carried me to a taxicab and came with me prison as soon as possible, if I would promise to appear in police court for my trial, three days afterward, I made the LILLIAN LENTON

WASHINGTON PIE WASHINGTON PIE
Two-thirds cup sugar, 1 cup flour, 1½
teaspoon baking powder, 2 eggs, 3 tablespoons of milk. Beat the eggs very light,
then add sugar and milk gradually, beating
well. Add flour, baking powder and ¼
teaspoon salt sifted together. Bake in
two Washington pie plates. Put together
with lemon filling.
Lemon Filling—One cup sugar, 1 tablespoon of butter, 1 egg, grated rind and
juice of 1 lemon. Cook in double boiler
until thick.

TO CURE A COLD IN ONE DAY Take LAXATIVE BROMO Quinine Tab-lets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

Daily Hints
For the Cook

CHOCOLATE CAKE
One three-fourths cup sugar, ½ cup butter, 3 eggs, ½ cup milk, 1½ cups sifted pastry flour, 1 level teaspoon soda, 2 level teaspoons cream of tartar. Take the ¾ cup of sugar and stir it into 2 squares of melted chocolate, then add it to the cake, also ½ cup boiling water. It will be quite thin and needs quite a hot oven to start with. Frost with a white frosting.

NAMING THE CHILD.

"What's the child's name?" asked the clergyman at the Christening. "I dunno," the grandfather replied. And he turned to the father and whispered hoarsely:—"What's the name?" "Hazel," replied the father. "What?" asked the grandfather. "Hazel," repeated the father. The grandfather threw up his hands in disgust. "What d'ye think av that?" he asked the clergyman. "With all the girls' names there are—an' him namin' her after a nut!"

Delicious

Delicious

NAMING THE CHILD.





HON. MR. BRYAN AND HIS WIFE



FIRST PICTURE OF NEW SECRETARY OF STATE AND HIS WIFE IN WASHINGTON.

Coming, the buyers of the farm can bring suit against the agent and recover damages.

A LOOK OF DISMAY.

A teacher in one of the elementary schools was trying to get his scholars to give him the word "temperate" as applied to human conduct. "What would you call a man," he asked, "who didn't eat too much and didn't drink too much?" A look of dismay came into their faces at such a problem, but one little fellow saved the situation by suddenly calling out—"I should call him funny, sir!"

Be Valuable to the Militia in Canada
WELCOME AND PRESENTATION.
Rev. W. F. Chapman, V. G., was given an enthusiastic welcome home last night when the members of the congregation of St. John the Baptist church, where Father Chapman has been stationed for several years, presented to him an address and a purse of gold. The presentation was made by Rev. J. W. Holland on behalf of the congregation. Father Chapman was compelled to go south a few months ago on account of ill health, and his improved condition on his return has been noted with pleasure by all his friends.

transportation is the big difficulty, but it is thought that after he presents his report to the government, some arrangements whereby this difficulty can be overcome will be put forward.

Lord Roberts and General Sir Ronald Lane are heartily in favor of the movement. A short time ago Sir Ronald Lane expressed his belief that from the men of the British army, Canada could choose the flower of the race in point of physical fitness. Their training and discipline he maintained eminently fitted them to face new conditions which might intimidate an untrained man. His opinion is generally confirmed by officers who view the bad effects of unemployment with concern, and are anxious that the men shall be given a chance in a new country.

STRONG ADDRESS BY MAGISTRATE AT

EVERY DAY CLUB Eleven empty "square-faces" reported found on Long wharf on a Monday morning was regarded by Magistrate Ritchie as evidence that there is a great deal of bottle drinking in St. John, and that it is done on Sundays as well as other days. There was a time, he said, in the course of a very impressive address at the Every Day Club last evening, when only Indians drank out of a bottle, but it was now common among white men.

Magistrate Ritchie dwelt upon the fact that it was Christians and not Jews who came before the court charged with drunkness. The Jews put the Christians to shame in this respect. He added that if you go to the public library and ask what children are most orderly and polite, and what children inquire for books of reference and sit down and pore over them, you will find that the Jewish children are ten to one. Clearly this is a result of better parental care.

The speaker quoted a friend who had said to him that in going along the street he had seen the saloons filled with men. These were mechanics and laboring men. Looking into the dry goods, boot and shoe and grocery stores, he did not see any men. But would it not be better for the men to go into these other stores and take something home to their families instead of making beasts of themselves? In a case before the court he had looked over a bill of particulars showing what a working man spent for liquor. "I know," said the judge, "that I could not out of my salary afford to waste so much, and yet this man did it."

A number of very pathetic instances of the effects of drink were cited by the

A Suppertime Thought

Everybody Knows

A few suggestions which will interest you.

DINING CHAIRS, hardwood, nicely finished, from 65 cents up.

SIDEBOARDS, in empire oak, from\$12.75 to \$38.00.

and Printed) and Floorcloths. at prices that take.

OUR POLICY: money back if you wish it.

that house cleaning time will soon be with us and the articles you will need are too numer-

ous to mention. Come in and let us give you OUR PRICES on things you want.

You Know it's the early person that gets the pick of everything, so don't put off any longer.

Exceptional values in BUFFETS, Q. O. finished in golden, early English or fumed

Also a complete line of China Cabinets, Dining Tables, Parlor Suites, Bedroom outfits, Brass Beds, Rugs (Tapestry, Wilton, Axminster and Velvet), imported Linoleums (Inlaid, Cork

J. Marcus, 30 Dock St.

Goods purchased now will be stored and insured free of charge until wanted.

BEDS, white enameled, priced from \$2.45 to \$15.00, a very large variety to choose from.

A full line of quartered cut OAK DRESSERS, leather upholstered.

Think a minute.

suppertime? There's one sure answer and you guessed it right first time—a batch

of biscuits! Golden-topped, fresh and warm from the oven, ready to melt in your mouth as quickly as the butter that's spread on them.

And it's so easy to bake What best brightens up fine biscuits if you choose the right flour.

> Rainbow Flour will make the snowiest, flakiest biscuit you ever tasted because it's so velvet-smooth in grain and of such superfine quality. Just try some.

MAKES GOOD BREAD



Sold in 7-lb., 14-lb., 24-lb., 49-lb. and 98-lb. bags Canadian Cereal and Flour Mills Limited, Toronto, Canada Makers of Tillson's Oats-Rainbow Flour-Star Flour

The Good Breakfast



Post Tavern Special

As a brisk, happy start-off for the day this fetching blend of wheat, corn and rice is just the right thing.

Get a pkg. from the grocer; serve piping hot and notice how the family

call for it again-

"Tomorrow's Breakfast"

Made by Canadian Postum Cereal Co., Ltd., Pure Food Factories, Windsor, Ont.