

Little Beauty Chats

By BLANCHE BEACON

The Beauty Should Guard Against Taking Cold

WHAT is so easy to catch as a cold—that cause of so many chronic diseases, among which we find consumption and rheumatism.



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 attention.

SHIPPING

ALMANAC FOR ST. JOHN, MARCH 17. A.M. Low Tide.....12.30 P.M. Sun Rises.....6.37 Sun Sets.....6.28

PORT OF ST. JOHN. Arrived Sunday. Stmr Lake Michigan, 5340, Parry, from London and Antwerp, C.P.R. pass and gen cargo.

ST. JOHN. Sailed Saturday. Stmr Knutsford, Williams, from Louisburg, Star, bal.

CANADIAN PORTS. Glasgow, March 15—Ard stmr Scotian, from Portland; Saturna, from St. John.

BRITISH PORTS. Glasgow, March 15—Ard stmr Scotian, from Portland; Saturna, from St. John.

FOREIGN PORTS. Havre, March 15—Sld stmr Corinthian, for St. John.

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.

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.

GIRL SUFFRAGETTE TELLS OF FORCED FEEDING

(By William G. Shepherd) Do Canadian women realize what it means to be forcibly fed by the method authorized in the cases of the rebellious suffragettes of London?

Well, here is the first actual word-of-mouth story of the methods and the effects. I have had it from the lips of Lillian Lenton, released from jail because she was starving herself to death.



LILLIAN LENTON

"I refused to eat in Holloway 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 rattling. 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 purring 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 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 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 upward. The pain became intense and I rang the bell and a doctor came and examined my chest. He warned me not to sit up. He told the wardresses to bring blankets and a hot water bottle. Then the doctor went away and when he came back to the cell, he told me that he was authorized to tell me that I should be released from prison as soon as possible, if I would promise to appear in police court for my trial, three days afterward. I made the

promise. 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 taxi and came with me to my friend's home, where I was put to bed and attended by my own physician immediately."

HON. MR. BRYAN AND HIS WIFE



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

BRITISH SOLDIERS TO DOMINION OF CANADA

Captain Murray of Winnipeg Working on Plan in London Believe Many Time-Expired Men Can Be Secured as Immigrants and Would Be Valuable to the Militia in Canada

London, March 17—Captain F. J. Murray of Winnipeg, is here to inquire into the question of the settlement of time-expired soldiers in Canada. He intimates that he is conducting a close inquiry with the idea of utilizing the thousands of men who annually leave the colors, and who he thinks are suitable for Canadian life. After their arrival in Canada, he considers that many of these men would join the militia regiments there, thus strengthening the military forces of the dominion. The question of providing

STRONG ADDRESS BY MAGISTRATE AT EVERY DAY CLUB

Eleven empty "square-jawed" 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 drunkenness. 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 speaker, who said that he was there 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.

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Daily Hints For the Cook

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

WASHINGTON PIE Two-thirds cup sugar, 1 cup flour, 1 1/2 teaspoon baking powder, 2 eggs, 3 table-spoons of milk. Beat the eggs very light, then add sugar and milk gradually, beating well. Add flour, baking powder and 1/2 teaspoon salt sifted together. Bake in two Washington pie plates. Put together with lemon filling.

Lemon Filling—One cup sugar, 1 table-spoon 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 Tablets. Druggists refund money if it fails to cure. E. W. GROVES' signature is on each box. 25c.

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 do you think of that?" he asked the clergyman. "With all the girl's names there are—an' him namin' her after a nut!"

Delicious Sandwiches!! Nourishing Lunches!! None so good as INGERSOLL CREAM CHEESE. "It Spreads Like Butter".

For EASTER PERRIN'S GLOVES. This button not only fastens but also assures you the genuine glove whose style and excellence make Perrin's Gloves famous in many countries.

Everybody Knows

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

A few suggestions which will interest you. BEDS, white enameled, priced from \$2.45 to \$15.00, a very large variety to choose from. SIDEBOARDS, in empire oak, from \$12.75 to \$38.00. Exceptional values in BUFFETS, Q. O. finished in golden, early English or fumed DINING CHAIRS, hardwood, nicely finished, from 65 cents up. A full line of quartered oak OAK DRESSERS, leather upholstered. 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 and Printed) and Floorcloths, at prices that take.

J. Marcus, 30 Dock St.



A Suppertime Thought

Think a minute. What best brightens up 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.

RAINBOW FLOUR

MAKES GOOD BREAD. Sold in 7-lb., 14-lb., 24-lb., 49-lb. and 98-lb. bags and in barrels. Canadian Cereal and Flour Mills Limited, Toronto, Canada. Makers of Tillsot's Oats—Rainbow Flour—Star Flour.

The Good Breakfast The New Hot Porridge 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.