

IF SICK, TAKE "CASCARETS"

Clean Your Bowels! End Headache, Biliousness, Colds, Dizziness, Sour, Gassy Stomach

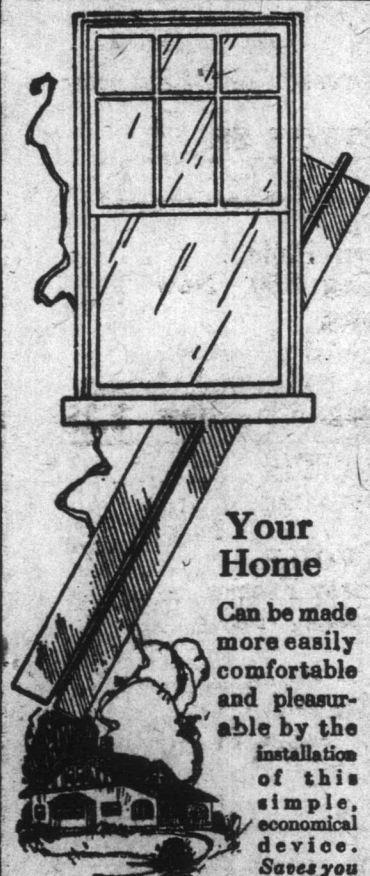
At night the bowels work wonderfully in morning. Cascarets next day like pills, calomel, salts or oil. Children love Cascarets too. 10 cent boxes, also 25 and 50 cent sizes. Any drugstore.

The Milk Loaf.

The Answer to the City for More Vitamins in Bread.

(A Reprint from the Bakers Weekly.)

Centuries the good old white loaf has nobly done its part, raising generations of men and women in mind and healthy in body. The four corners of the earth have known the time when the loaf was the most important food that God has placed on the face of the earth. The golden rule of the loaf is to be the most perfect food at man's command, bakers long ago made use of this article in the preparation of their bread. And while milk breads in former years were considered somewhat of a fancy line, their production has increased of late in a most astounding manner, until to-day milk breads and cream breads are available to almost every consumer. And the more milk



Your Home

Can be made more easily comfortable and pleasurable by the installation of this simple, economical device. See your third of your fuel bill. Keeps out cold and draft, dust and soot, deadens noises and stops rattles.



Ceco METAL WEATHERSTRIPS
"The 100% Efficient Weatherstrip"
Distributed by

EUGENE H. THOMAS,

P. O. Box, 1251; Phone, 757.

the baker used in the production of his bread the more nourishing and satisfactory, of course, became the loaf.

Milk breads are no longer an experiment. The only trouble is that in the past some bakers used so little milk that their bread hardly deserved the appellation of a milk loaf. Other bakers who used goods proportions, and in many cases, milk to the exclusion of all water in their doughs, have long ago established an enviable reputation for high-class nutritious bread.

The tactics practised by some bakers, as above referred to, have, no doubt, caused the Committee on Definitions and Standards to include in its recent rulings that a milk loaf, in order to deserve that name, must contain at least one-third of the fluid content in milk.

Wise bakers long ago not only forestalled such a definition, but have greatly increased this official demand for milk content, using, in most instances, two-thirds of milk, and not infrequently displacing the water in their doughs entirely by milk. And since there is no getting away from the fact that such a loaf made with milk truly does promote health, and is fully able to repair the general waste in the human system, the bakers have it in their own hands to fully and promptly meet the demand for a more nutritious loaf by making milk bread the rule rather than the exception.

Men of science have paid such broad, made from the best flour and the best milk, the high compliment that it contains all the elements needed to sustain man in his daily work, and insure the healthy growth of budding childhood.

Yes, bakers are gradually appreciating the truth of the maxim that man does not live to eat but eats to live, and are conscientiously co-operating with the men of medicine and other professions to produce such a loaf as will meet the most critical demands of the most fastidious food reformer.

There is no secret about making a milk loaf. The economical side of such bread has also been solved satisfactorily, as experts have figured out that a baker may well displace the entire quantity of water used in his doughs with milk, for the increased yield in his doughs will fully compensate him for the increased cost.

Since milk bread seems to be the most feasible answer to the cry for a more nourishing staff of life we see no reason why bakers everywhere should not promptly fall in line, and thus not only meet the demand that seems to be growing more emphatic every day, but also help themselves by making themselves impregnable to the onslaughts on their calling, and strengthen the foundation on which their honorable profession is based. It seems as if milk bread will effectively solve the bakers' problems, and help him in a most efficient manner to become victor over the hydra-headed attacks that are now hurled against his product.

BAKERS WEEKLY, thoroughly convinced of the greater nutritive quality of a loaf of bread made with milk, has constantly advocated the more general production of such a loaf, and now that even some of our largest bakers have tacitly admitted that the good old white loaf is perhaps not all that it might be, every baker in the country is to-day bound to make a loaf that will overcome all objection to the older, time-honored staff of life.

Make the best possible milk loaf, and let the people know about it, and you need not worry about the cries raised in behalf of all sorts of new health bread. And do not forget—if your trade for a change in its diet, call for whole wheat bread, make it 100 per cent, "whole," and also use milk in its production.

FISHING THROUGH ICE.—Men of Middle Arm, Bay of Islands, began herring fishing through the ice, last week, the catches improving up to Saturday, when some good fares were taken.

See Ern Fox, when considering Life Insurance. Office Mutr Building, Phone 704, P.O. Box 333. Jan 10, 201, tus, tra

Moscow Riots

TO GLIMPSE FLUFFY LINGERIE.

MOSCOW.—Moscow is rapidly assuming some of its old-time splendor in the shopping district; so far as the stores are concerned it is becoming normal. The most expensive French and German perfumes, toilet articles, lingerie and other luxuries, after an absence of many years, are again on sale in Moscow, Petrograd and some of the other Russian cities. While the greater part of these goods, according to officials, have been smuggled into the country, nevertheless they are sold openly as in pre-revolution days, but at enormous prices. Government officials, while aware of the smuggling, say they are powerless to break it up. When the first fluff, lace trimmed garments from abroad appeared in the display windows of the Moscow shops the incident nearly caused a riot. Men, women and children were wildly eager to get a peep at the things from the outer world. They had seen nothing of the kind for seven or eight years, and fought for a place in the mob for a few minutes' gaze at the finery. Most of the luxuries are three or four times as expensive here as in London and Paris. This, dealers say, is due to the government monopoly on goods from abroad which keeps prices so high that the smuggling business is paying handsomely to those engaged in it.

HEMORRHOIDS
Do not suffer another day with itching, bleeding, or protruding piles or hemorrhoids. No surgical operation required. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. 60c a box; all Dealers, Dr. Edman, Bates & Co. Limited, Toronto. Sample box free.

China Civil War.

SUN YAT-SEN'S TROOPS NEAR CANTON.

Trustworthy information indicates that Dr. Sun Yat-Sen has good reason to expect the recapture of Canton within a fortnight.

Sun Yat-Sen's Yunnanese-Kwang forces, advancing along both banks of the West River 40,000 strong, have reached Shuihung Gorges, 70 miles below Wuchow, overcoming the resistance of the Cantonese forces at four points along the river.

Unless the Cantonese forces, which are mainly in junks protected by a naval flotilla, make a successful stand at Shuihung the fall of Canton is inevitable. The invading force, which is described as well equipped and orderly, is provided with ample funds and is creating a favorable impression in the country traversed. Dr. Sun Yat-Sen, ex-President of the Canton (South China) Republic, suffered defeat last summer at the hands of General Cheng Chung-ming, his former Commander-in-Chief. Intrigues against the new Canton Government came to a head with the announcement on January 5 that Yunnanese forces were marching through the Kwangsi Province to re-establish Dr. Sun at Canton, where for some time past there has been a strong suspicion of Bolshevik propaganda. The insurgents have been joined by traitorous Cantonese.

Mexico Needs Friendly Relations.
HAVANA, Cuba.—"Mexico needs a Messiah in the form of a man who has the courage to brave unpopularity by seeking the friendship of foreign countries, especially the United States," declares Emeterio de la Garza, pre-revolutionary Mexican statesman, who has arrived in Havana from Europe after nearly a decade of exile. "Mexico needs foreign capital and immigration," Senor de la Garza continued, "and must encourage and protect them. We must lay aside our exaggerated patriotism, which tends to isolate us from the world. We must consider ourselves from an international viewpoint." Senor de la Garza, who asserts that Mexico is being estranged even from her Latin-American sister republics, is unable to find even a ravelling of silver lining to the cloud he sees lowering over his country.

Enrich the Diet

When the diet is deficient in health-building vitamins, children and adults suffer in body and strength.

Scott's Emulsion

of pure cod-liver oil abounds in health-building vitamins. If the body is run down in vitality, add the pure vitamin-richness of Scott's Emulsion to the diet. It builds up health.

Scott & Bowman, Bloomfield, N. J. 20-27

Are the Poor ever Rich? Are the Rich ever Poor? SEE THE NICKEL TO-DAY!

NOTE—Usual admission price, Matinee 10c and 15c; Night 20c.

GOLDWYN Presents

Reginald Barker's Production

POVERTY of RICHES

By Leroy Scott. Directed by Reginald Barker.

A GOLDWYN PICTURE.

COMING—NORMA TALMADGE in "THE WONDERFUL THING," a First National Attraction. NOTE—The regular admission prices will prevail from to-night—20c.

"FOVEY OF RICHES."

Cast:
John Colby Richard Dix
Katherine Kolby Leatrice Joy
Tom Donaldson John Bowers
Grace Donaldson Louise Lovely
Mrs. Holt Irene Rich
Lyons DeWitt Jennings
Stephen Phillips Dave Winter
Hendron Roy Laidlaw
Edward Phillips, Senior, John Cossar
John in prologue Frankie Lee
Katherine in prologue Dorothy Hughes.

A Liberal Offer.

An insurance company advertised for an experienced clerk, salary 21 shillings a week, and among the replies received was the following, according to a London paper:

Dear Sir,—I would respectfully apply for the position you offer. I am an expert in all insurance in all its branches. In addition I converse freely in Gum Arabic, Gorgonzola, Zola, and Billingsgate. I write shorthand, longhand, lenthand and right-hand. I can supply my own typewriter if necessary, and I may mention that I typewrite half an hour in ten minutes—the record for Great Britain. I would be willing also to let you have the services, gratis, of my large family of boys, and if agreeable to you my wife would be willing to clean your office regularly without extra charge. The cost of postage for your answer to this application can be deducted from my salary. Please note that if you have a back yard, I would make bricks in my spare time.

Swedish Surgeon

COMPLIMENTS AMERICAN COLLEAGUES.

STOCKHOLM.—"America is ahead of Europe in brain and nerve surgery, and the American surgeons work with remarkable skill and precision." Thus speaks Einar Key, head physician of the Maria Hospital in Stockholm and one of Sweden's best known surgeons, upon returning from a three months trip to the United States where he had visited leading hospitals and observed the work of the most eminent surgeons. While in America Dr. Key lectured at a medical congress arranged by the American College of Surgeons in Boston. He visited large clinics in New York, Chicago, Philadelphia, Buffalo, Cleveland, Baltimore, Syracuse, and other places. He declares that American hospitals have better laboratory facilities than those of Europe, while he finds the Swedish hospitals, as a rule, are brighter and more cheerful than those of America.

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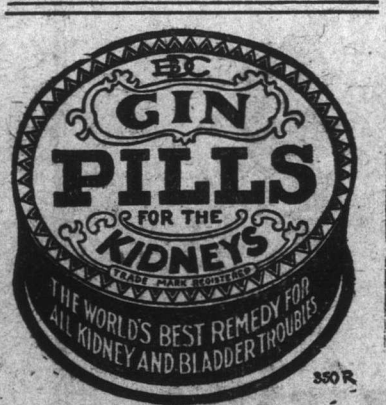
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See "Facing the Music" at the Casino Theatre, on Feb. 7th, 8th and 9th. Melancholia murdered at each performance.—Feb 11

British Commerce in Brazil Forging Ahead.

LONDON.—Great Britain is overhauling her American rivals in Brazil, according to E. Hambloch, British Commercial Secretary in that country, who has turned in a financial and economic report to the Board of Trade. Mr. Hambloch says: "The United States has been and is still making a strong bid for Brazilian custom. The war years enabled her to establish a preponderant position as regards Brazil's import trade. But Great Britain has been slowly but surely overhauling her American commercial rivals, and the official statistics for the first quarter of 1922 show that Britain has once more occupied her original position as the most important of Brazil's suppliers. Although official statistics are not available for a later period, there is every reason to believe that this position is being maintained. The United States has been successful in securing year by year a renewal of tariff preference on various goods, and although the position of that nation is a favored one, inasmuch as it is the largest consumer of Brazil's principal product, coffee, there is no reason to suppose that these factors will be able to outweigh the solid advantages which Brazil's importers and merchants recognize are offered them in their dealings with Great Britain."

An attractive hip blouse is produced in black Spanish lace over a gold-colored lining.



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Duel With Lion.

COLONIST'S ADVENTURE—LIFE AND DEATH STRUGGLE.

A graphic story of a Kenya settler's life-and-death struggle with an infuriated lioness in Tanganyika territory has been related. Mr. G. H. R. Hurst, a Kenya settler, well known in the Uasin Gishu district of the colony, was staying in November on a farm near Arusha, in Tanganyika territory, and when out hunting one day in company with a small party of natives. Spotting a lion some distance away, Mr. Hurst took a pot shot at it, and badly wounded it; but the lion managed to make off and take refuge in a thick bush of scrub. Sending his natives round to the other side of the bush, Mr. Hurst instructed them to beat through and drive the wounded lion towards him. For a few moments Mr. Hurst stood there expectantly; then, with a sudden crashing of the undergrowth, instead of the wounded lion, a full-grown lioness sprang into view and made straight for the hunter.

While it was yet in mid-air on its final leap, Mr. Hurst fired, and the bullet struck the lioness on the shoulder, bringing it to the ground all of a heap almost at his feet. But before the hunter had time to reload the animal had sprung up again, placed its forepaws on Mr. Hurst's chest, and borne him to the ground. A fierce struggle for life then ensued between man and beast. Mr. Hurst had retained hold of his rifle—a heavy double-barrelled .375—and this he eventually managed to ram into the lioness's gaping mouth and down her throat. The weapon broke off short at the stock, leaving the steel barrel in the animal's maw. The lioness drew away for a moment, gasping and choking. But before Mr. Hurst could regain his feet it had succeeded in ridding itself of the obstruction, and once again made for its victim, this time picking him up and shaking him like a terrier shaking a rat. Just as Mr. Hurst was losing consciousness, the lioness suddenly dropped him, and stood for a moment quivering. Then blood poured from its mouth, soaking Mr. Hurst from head to foot. The lioness took two or three staggering steps, but finally collapsed a yard or two away. With one last expiring effort, she half rose to her

feet again, but fell to the ground for the last time, and died. The bullet in the side and the ramming of the rifle down the beast's throat had killed her. The lioness dead and danger over, Mr. Hurst fainted, and was found by his natives and taken back to the farmhouse. He had been badly bitten in the hip and groin, and needed about the shoulder. Immediate medical attention had the effect of preventing blood-poisoning.

Some of the new evening gowns are deeply décolleté in black and quite high in front.

ST. JOHN'S GROCERY STORES

Victor Flour

70c. Stone

Seedless Raisins

26c. lb.

Finest Local Potatoes

12c. Gallon.

Small Green Cabbage

6c. lb.

Bologna Sausage

20c. lb.

Good Large Oranges

and Lemons

30c. Dozen.

J. J. ST. JOHN,

Duckworth St. & LeMarchant Road.

—By Bud Fisher

MUTT AND JEFF

JEFF HAS A GOOD EYE FOR BUSINESS.

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