

REGAL Flour yields the best quality and the utmost quantity of bread per barrel: white, light loaves, pastry of melting flakiness.

This is simple direct truth.

Unless you find it so, when you try it, your dealer will return your money.

REGAL FLOUR

SHIPPING

ALMANAC FOR ST. JOHN, NOV. 9.

High Tide 11:34 Low Tide 17:11 Sun Sets 7:10 Sun Rises 4:57 Time used is Atlantic standard.

PORT OF ST. JOHN. Arrived Yesterday.

Schr Mayflower, 123, Saban, Windsor for Salem, N. B., with lumber, in for harbor, C. M. Kerrison.

BRITISH PORTS. Queenstown, Nov 8-Ard, stmr Cedric, New York.

Liverpool, Nov 8-Ard, stmr Empress of Ireland, Quebec.

Instanbul, Nov 8-Phased, stmr Corsica, Montreal.

FOREIGN PORTS. New York, Nov 8-Ard, schr Iuga, Halifax.

MARINE NOTES. J. Willard Smith reports that the schr Missoua will probably load fertilizer at New York for St. John.

West, after being pulled off the Florida Reef. The four-masted schr Olympus Empress, Capt. Cattain, is waiting at Ingram Dock, Halifax, for a favorable wind to proceed on her voyage to New York with lumber.

For Successful Baking. Don't waste flour and other good materials trying to make good bread with poor yeast, but use White Swan Yeast Cakes.

Daily Hints For the Cook. LEMON SHERBET. Juice of 8 lemons, 3 cups of cold water, 1 pound of granulated sugar, 1 tablespoon of gelatin soaked in 1/2 cup of water.

BANANA CREAM PIE. Slice two bananas into 1/4 inch crust. Pour on it this cream when cold. Two cups milk, yolks 2 eggs 1/2 cup sugar 2 tablespoons flour. Cook till thick. Flavor with vanilla. Frost with whitest.

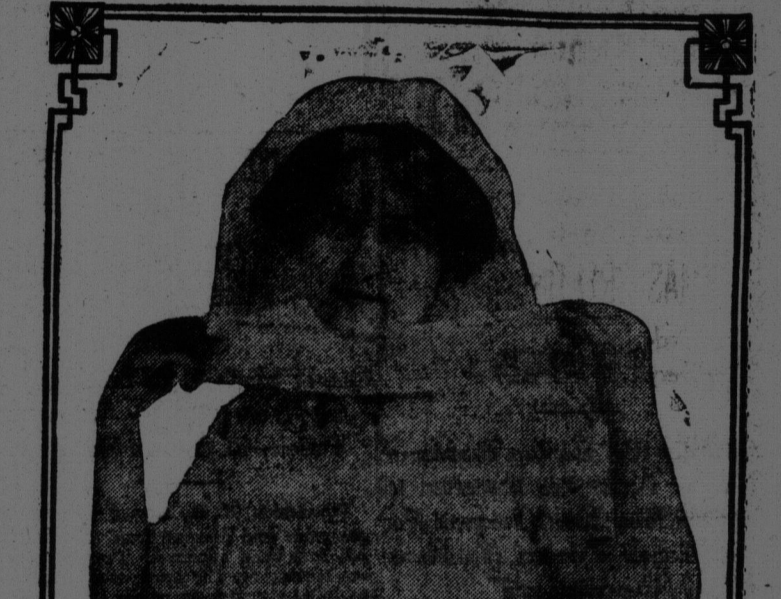
NUT CAKE. One cup of butter, 2 cups of sugar, 3 cups of flour, 3 eggs, 1 cup of milk, 3 teaspoons yeast powder (sifted), 1 pound of English walnuts. Use the 1/2 cup of nuts for frosting and the rest break up quite small.

BANANA FRITTERS. Mash 4 bananas to a pulp, add 2 eggs well beaten, 2 cups sifted bread flour, 2 teaspoons yeast powder, teaspoon salt, about 2 cups sweet milk or enough to make a drop batter.

Little Beauty Chats By BLANCHE BEAUCHAMPEL

The Secret of a White Throat

HAVE you a throat white as snow? If not, then you should be a crusader once to improve throat conditions, as it seems likely that the collarless blouse will abide with us forever any day.



A daily massage of the throat with some good cream will help to banish the obnoxious brown tints, but in conjunction with the use of a harmless bleach, I advise the manipulations of the flesh.

Effective Bleaching Lo-ion. Rose-water, 4 ounces. Orange-flower water, 4 ounces. Borax, 2 1/2 drachmas. Tincture of benzoin, 1 ounce.

MARRIAGE ROMANCES IN HIGH LIFE

(London Tit-Bits) When my lady "kooops to folly" she is as results to have her own way as any love-sick archduke who sacrifices rank and riches under the witchery of a ball-dancer's twinkling feet or the flash-let-dancer's twirling of her hair.

Became a Gipsy's Bride. A very different experience however, was the lot of the beautiful Countess of Strathmore, who, when she was still wearing widow's weeds for her husband, the sixth earl of his line fell "head over heels" in love with her good-looking groom, George Forbes, and asked him to marry her.

The SPiRELLA CORSET. It is the most comfortable, economical, and healthful of all corsets. It is made of the finest quality materials and is guaranteed to last for years.

MIS. ALGITRE. 66 Sydney St., Phone 638-11. Specialties in all kinds of millinery and dressmaking.

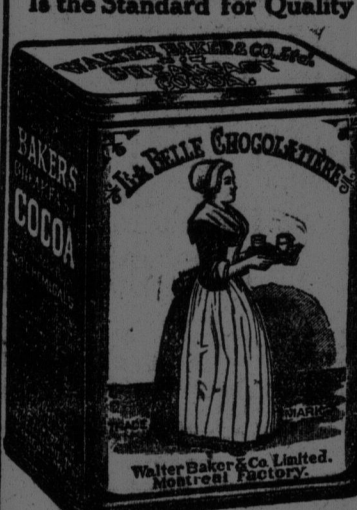
The 1912-13 Bon-Ton Fall and Winter Catalogue. Tells you how you can clothe yourself in the newest styles at a saving of 25 to 50%.

These illustrations are taken from the new Bon-Ton Autumn and Winter 1912-13 Catalogue and are only a few of the many values shown in this useful Fashion Book.

Names and Addresses of a few Prize-Winners in recent Contests. Mr. W. A. O'Brien, 100 St. John St., Montreal, \$100.00.

Send your reply direct to BOVEL MANUFACTURING COMPANY, BOVEL BUILDING, MONTREAL, CAN.

BAKER'S Breakfast COCOA



For all those whose occupations require clear head and steady nerves, as well as those in poor health or of debilitated digestive powers, it is the ideal beverage.

Special Values in Men's Wear

Men's Heavy Top Shirts, regular \$1.00 value, for 75 cents. Men's Heavy All-Wool Underwear, 73 cents.

CORBET'S 196 Union Street

Good Furniture--Attractive Prices Satisfied Customers

HAS MADE J. MARCUS THE MOST Popular Furniture House in the city, and we might possibly add in the province, as we also have a large out-of-town trade.

J. MARCUS, 30 DOCK ST.

NO REASON FOR DOUBT

A Statement of Facts Backed by a Strong Guarantee. We guarantee complete relief to all sufferers from constipation.

TO TRAIN TEACHERS FOR PLAYGROUNDS IN THE NORMAL SCHOOL

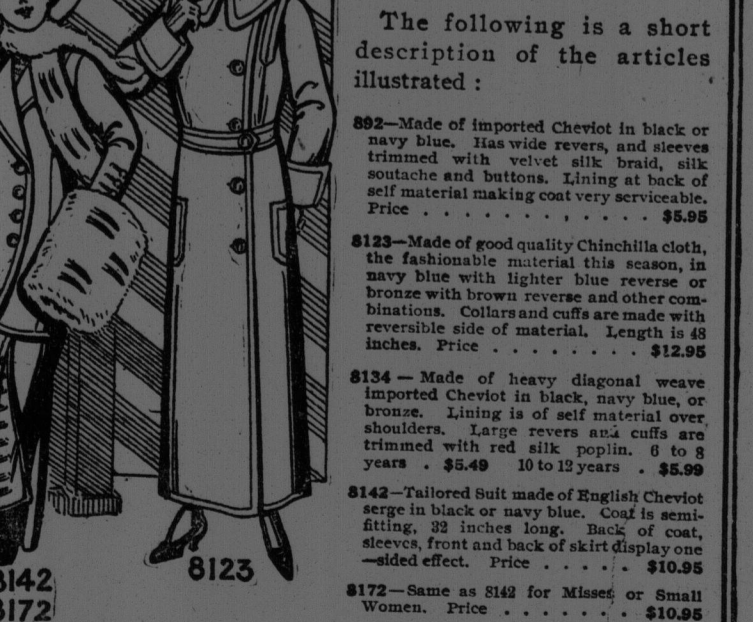
The executive of the Playground Association met last evening in the Board of Trade building, with the president, Miss Mabel Peters, in the chair.

social centre committee will be appointed to direct the work. The treasurer reported that St. Mary's Band had donated twenty dollars to the funds of the association.

The president submitted letters from a dozen Canadian cities, all but one approving of the association's proposal that a national playgrounds association for Canada be formed.

If a lemon has been cut and only half used the remaining half may be preserved by placing it cut side downwards on a plate and covering with a glass.

Only One "BROMO QUININE," that is Laxative Bromo Quinine. Cures a Cold in One Day, Grip in 2 Days.



THE BON-TON COMPANY, 442 ST. JOSEPH STREET, QUEBEC.