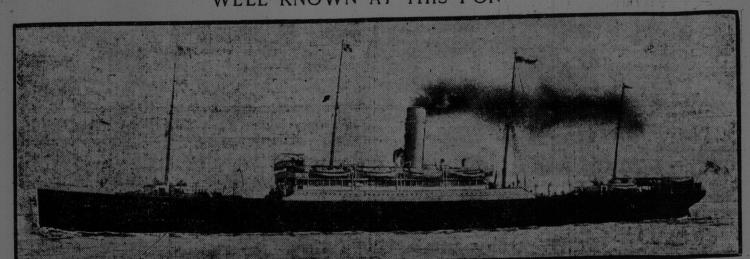
DEATHS HERE IN

JULY WERE 78

WELL KNOWN AT THIS PORT



R. steamship Manitoba, which scraped bottom at the Isle of Orleans a few days ago.
the first time since the arrival of the floating dry-dock, Duke of Connaught, in Montreal last year, the two sections of the dock were joined last vive the Lake Manitoba, C. P. R. line, damaged on Monday night when she grounded in the fog at Ile d'Orleans. sailing of the Lake Manitoba will be delayed only about two weeks.

Time used is Atlantic standard. PORT OF ST. JOHN.

Arrived Sunday. Str Dominion, 2,581, Kirton, York, J T Knight Co, bal.

Some Persons

son and another in another.

it is useless to suggest relief.

change toward health day by day.

whether or not you use Postum.

be boiled full 15 minutes.

ly. Grocers keep both kinds.

feine in tea and coffee.

This is Truth.

Heart, Head, Eyes, Nerves or where.

When Truth

"If any man is able to convince me and show me that I do not think or act right, I will gladly change, for I seek the truth, by which no man was ever injured."-Marcus Aurelius, Ro-

Some shrink and try to close their eyes and ears to the haunting fact that the little $1\frac{1}{2}$ to 3 grains of Caffeine in every average cup of tea or coffee is the demon which relentlessly pursues and starts various ailments, such as biliousness, headache, nervousness, sleeplessness, bowel trouble, heart failure and a long string of aches and ails, taking one form in one per-

The effect of repeated doses of tea or coffee, on those who are susceptible to caffeine poisoning, is so complex that it is difficult to foretell where its hurt will be most serious; in

The stroke of trouble will come somewhere if the daily

Of course if anyone prefers to treat his body in that way

Some go so far they can't get back to health. Others quit the foolish, losing game before fixed chronic disease sets in.

There is a mighty army of sensible ones, however, who have bravely tested the truth with their own bodies to see whether or not it was the truth that tea and coffee caused their

It's an easy test. Quit tea and coffee absolutely for 10 days. Take Postum hot and well-made and keep track of the

It's the most exquisite pleasure in the world to be perfectly well with all the delicate and beautifully adjusted machine-

ry of the body working in harmony, not interfered with by

drugs, one of the most insidious and deceptive of which is caf-

Meet it bravely with head up and a hearty handclasp.

Truth thus made welcome will prove your best friend.

These are facts without regard to our own opinion, or to

However it is well to consider that famous food-drink be-

It has a snappy flavor, but there is no "sting" in it, no caffeine or other drug of any sort. It is skilfully manufac-

It comes in two forms. One called Regular Postum, must

The other, Instant Postumn, is in powder form and a level

teaspoonful in a cup of hot water makes the beverage instant-

"Thers's a Reason" for

Made by Canadian Postum Cereal Co., Ltd., Winsdor, Ont.

cause it supplies a hot beverage of deep seal-brown color, which

turns to the rich golden-brown when cream is added.

tured of wheat and a trace of New Orleans molasses.

Let him "follow the trail" until badly wounded.

Montreal, Aug 2—Ard, strs Manchester Corporation, Manchester. Aug 3, strs Royal Edward, Bristol; Scandavian, ALMANAC FOR ST JOHN, AUG 4. Glasgow; Ascania, London and South-

High Tide.... 0.29 Low Tide.... 7.08 Cld Aug 2-Strs Manchester Merch Sun Rises.... 5.18 Sun Sets.... 7.42 ant, Manchester; Montcalm, Bristol; Andania, London and Southampton via Plymouth; Saturnia, Glasgow; Lauren-

Cld Aug 8-Strs Corinthian, Lond via Havre; Englishman, Bristol; Bengore Head, Belfast.

"Flinch"

Hunts Them

BRIDGE GROUNDS

while the other two were sorry-looking animals, dirty, emaciated and unkempt. If we multiply this yard and its denizons by some hundreds, perhaps thousands, we will obtain some notion of what a multitude of these animals there is in the city. They are supposed, generally, to be household or domestic animals, but they deserve this name only in a very nominal way. Many of them have long since cased to owe allegiance to any owner, having been either abandented to the small boy to whom it has long been conceded that Circus Day essentially belongs, but a great many adults who paraded about the grounds as happily and gaily as the smallest urchin on the field. The reason for the air of expectation, interest, and attractiveness pervading the place was that Howe's Big in the other two were sorry-looking and unkempt. If we multiply this yard and its denized that distonce in the whom fate seemed to have marked from childhood as a victim of its cruelty. Her topeless struggle in the relentless power of the great Queen Elizabeth, the plots of the usual procedure whom fate seemed to have marked from childhood as a victim of its cruelty. Her topeless struggle in the relentless power of the great Queen Elizabeth, the plots and intrigues of the followers of both queens, form one of the most romantic and exciting series of incidents outside of acid and exciting series of incidents outside of acid exciting series of incidents outside of acid exciting series of incidents outside of acid exciting series of incidents outside of and exciting series of incidents outside of acid exciting series of incidents outside of acid

by Joseph, has a great many shall, we have all the season of the season

IN THE CHURCHES

Following an article in the Maritime Baptist favoring a vested choir nearly all the Baptist clergymen in the city have expressed themselves in favor of

have expressed themselves in favor of the idea.

Rev. C. Sinclair Applegath of Ontario filled Rev. Wilfred Gaetz's pulpit in the Queen Square Methodist church at both services yesterday.

Rev. George R. Baker, son of E. P. Baker, of the firm of Randolph & Baker, occupied the pulpit in Germain street Baptist church in the absence of Rev. F. S. Porter, yesterday morning. Rev. Mr. Baker is at present stationed at Leominster, N. H.

CLOCKS MUST BE KEPT LEVEL The reason why mantlepiece clocks soften get out of order is so obvious the

often get out of order is so obvious that it is strange that attention to it has not been drawn before. A London clockmaker says:

"It is because mantlepieces rarely are level. If a clock meant for a mantlepiece is not placed in an exactly horizontal position it is sure to go wrong. When the clock gains or loses because of its slanting position people regularly move the hands forward or backward, as the case may be, in order to adjust it. Eventually the clock's hands are moved about so much that the mechanism gets out of order and the clock refuses even to tick.

"Watches and traveling clocks are constructed differently from the stationary clock, and they will go in any position. That is why they are relied upon more than the ornamental clock."

—London Mail.

An Albany newspaper sent reporters to 22 churches on last Sunday morning to collect attendance statistics. These churches have approximately 16,000 members, 3025 of whom attended church last Sunday. Of the 3025, 1864 were women, 285 children and 873 men.

The world's greatest collection of post age stamps valued at \$5,000,000 and owned by Philippe la Renotiere von Ferray, son of the Duchess de Galliera, is to be given to the Galliera Museum in

Daily Hints For the Cook

CREAMED CARROTS Peel and boil carrots, then cut in small bits. Make a cream of one cup of milk, a little pepper and salt and one even spoonful of flour. Pour over the carrots and let simmer one minute.

BAKED CAULIFLOWER
Wash the cauliflower thoroughly, be in salted water until very tender, drai and break into small pieces. Melt tablespoons of butter, blend in 2 table spoons of flour, season with salt an white pepper, add gradually 1 pint orich milk, cook and stir until smoot and thick, then add the prepared cauli flower. Butter a baking dish, turn is the cauliflower, sprinkle with fin crumbs and grated Parmesan cheese and brown in a hot oven.

MARY QUEEN OF SCOTS

READ THE LABEL READ BAKING THE

LABEL

PLEADS FOR DIVORCE

FALLS DEAD AS SHE

Gem Will Show Spectacular Three Reel Production on Wednesday and Thursday

In all history is no more pathetic figure than beautiful Mary Stuart, the lovely Queen of France and Scotland, whom fate seemed to have marked from childhood as a victim of its cruelty. Her hopeless struggle in the relentless power of the great Queen Elizabeth, the plots and intrigues of the followers of both queens, form one of the most romantic and exciting series of incidents outside of fiction. The story will be shown on Wednesday and Thursday at the Gem Theatre.

The picture is an Edison masterpiece, presenting gorgeous costumes, lavish staging and an especially strong cast and has received favorable comment every
MARY QUEEN UP SUBSCRIBERS

Geneva, Aug 3—A Swiss husband and wife were divorced by death at the Tribunal of Chaux de Fonds, Canton of Neuchatel, a few days ago, the case coming to a drametic end by the wife falling dead at the feet of the husband and the judge.

Mme. Studer was bringing an action for divorce against her husband and according to the usual procedure of the swiss law, they were obliged to appear before the judge privately to arrange a findly judge have been settled out of a kindly judge have been settled out of according to the usual procedure of the divorce against her husband and according to the usual procedure of the swiss law, they were obliged to appear before the judge privately to arrange a kindly judge have been settled out of according to the usual procedure of the swiss law, they were obliged to appear before the judge privately to arrange a kindly judge have been settled out of according to the usual procedure of the swiss law, they were obliged to appear before the judge privately to arrange a kindly judge have been settled out of according to the usual procedure of the swiss law, they were obliged to appear before the judge privately to arrange a kindly judge have been settled out of a kindly judge have been settled out of a kindly judge have been settled out of a kindly judge have been settle

David McNicol, first vice-president and general manager of the C. P. R. was in Fredericton on Saturday completing in Fredericton of the Eredericton and West 292—Clarke D. C., office 159 Union.

ight. When finished it will give com lete water connection between Lake ntario and Orilla.

Ontario and Orilla.

The post office at Hopewell Hill, kept by D. C. Stevens, was burglarized last night, but only \$2 was secured. The store of Miss Peck was also entered but nothing of value taken.

Tower City, Pa., Aug. 3—Nineteen men were killed and two seriously injured yesterday in a double explosion in the East Brookside Mine of the Philadelphia & Reading Coal & Iron Company near here.

DOCTOR PRESCRIBES BY WIRELESS,

Sydney, N. S. W., Aug. 3—As the steamer Maheno was proceeding from Sydney to New Zealand a wireless message was received, asking whether there was a doctor on board. It came from the steamer Wimpress going in the

West 290-21—Alexander T. A. Res., 289
Prince. Number changed from West
159-21 to West 290-21.
Main 1919—Brown Betty Tea Shop,
Miss Elizabeth W. Furlong, 25 Charlotte street.
West 290-11—Burpee, F. J., Res. 275
Prince W. E.



and paste to the jar or bot-

CHINA CABINET, selected quartered cut oak, bent glass sides and front, with mirror on

> regular \$31.00. SALE PRICE \$24.90

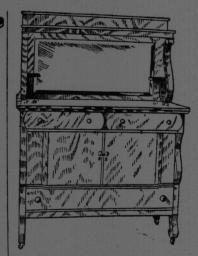
ular \$28.00.

top, fancy carvings on frame;



quartered cut oak, golden finish, large claw foot pedestal. equipped with patent lock; leaves also quartered cut. Reg-**SALE PRICE** \$23.90.

Remember - We store and insure all furnishings bought during sale FREE till wanted.



BUFFET, solid quartered cut ak, made in' colonial design. has very large drawer space. British bevel mirror. Regular \$40,00. SALE PRICE ..\$34.90

J. Marcus - 30 Dock St.



read a little, write a little, sew a little and visit a little, but you must get one thousand

Therefore is it not most important to have first of all a high-class sconomical range on which to prepare your meals, that will save you coal which means \$ \$ in your pocket, and make your cooking a pleasure for you.

If that is what you want, then come and see Canada's Champion Range "THE GLENWOOD"

the most popular range on the American Continent. We can furnish you with any size. style or design that you may desire. Fancy carved, semiplain or the mission style. We guarantee to suit the most exact.

McLEAN, HOLT & CO., LTD.

This celebrated line is all manufactured in St. John. Every range guaranteed. Call and examine our line before purchasing. 155 Union St. - J. L. McAVITY, Pres., - St. John N. B.

PLUM

APPLE PEAR PEACH

Paris Pâté The Acme of PARISIAN CUISINE. ALWAYS READY TO SERVE.

wife. Simply cut on line

RASPBERRY

STRAWBERRY

BLACKBERRY

GRAPE

BLACK CURRANT

RED CURRANT

BLUEBERRY