MC 2035 POOR DOCUMENT

THE EVENING TIMES AND STAR, ST. JOHN N. B., TUESDAY, JANUARY 14, 1913



A man is pleased, even if a woman not, when the word goes out that small

wer is found in the fact that he is fundahe can talk against the political party

SO NERVOUS, HE COULD NOT SLEEP

Three Months Treatment of "Fruit-a-tives" Cured Him

Kincardine, Ont., Sejt. 12th, 1910.

"The effects of "Fruit-a-tives" on Sleeplessness. Nervousness and Disordered condition of the Body, is simply marvellous.

I have taken "Fruit-a-tives" for three months—and am now perfectly well and have gained ten pounds in weight.

I have found "Fruit-a-tives" is the one medicine that will purify the blood, quiet the nerves and restore the whole system to its natural condition."

S. G. SMITH.

RE you in the habit of biting your times each day and always after the hand have had a bath. This liquid does no discolor the nails, so be persistent in its for instance, a great many physicians claim that appendicitis is very apt to attack the nail biter. This is unpleasant hearing, is it not? Evidently it behooves you to mend your ways if you look with

that is not his. They raise in him a spirit of resentment that even the prettiest woman cannot assuage.

Next to large hats he hates hat-pins, but in this feeling he is entirely justified. There should be a law against them in their present attach.

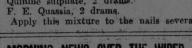
S. G. SMITH.

"Fruit-a-tives" cures nervousness and Sleeplessness because this fruit medicine keeps the blood pure, the stomach sweet, in the bowels regular and the skin active.

50c. a box, 6 for \$2.50—trial size, 25c. At dealers or write to Fruit-a-tives Limit-their present attach.

Little Beauty Chats By BLANCHE BEACON

Bite Not Your Nails





Marcus Dependable Furniture

Good Values in Dining Room Furniture!

DINING CHAIRS upholstered in \$1.59

Dining Tables From \$7.00 up.

China Cabinet quartered cut oak, bent glass sides,



Buffets, From \$14.75 glass door, \$21.75 up, in all latest woods

J. MARCUS, - 30 Dock St.

ALMANAC FOR ST, JOHN, JAN 14.

A.M.

High Tide. 4.09 Low Tide 10.37
Sun Rises. 8.06 Sun Sets 5.00
Time used is Atlantic standard.

Great story of the Orient, "The Captives," at the Gem in two-reels tomorrow.

THE DUKE'S VISIT HOME

Gently But Thoroughly Cleanse and Regulate Your Stomach, Liver and Bowels While You Sleep

At the meeting of the St. Stephen's Church Guild last evening Mrs. John Seely scribed many of the French cathedrals. The lecture was illustrated with lantern

fluence on Art, at the Art Club rooms

BEST FOR BAD COLD First Dose of Pape's Cold Com

pound Ends Grippe

year's dress."
"Yes," replied pa glumly, "we'd be all right if we could only eat yesterday's steak.—Louisville Courier Journal.

The raising of tobacco is one of the new industries in Ireland, and the quality of the weed is said to be good.

Tea and Coffee "Over-Exercise" The Heart

Normal exercise is healthful.

Over-exercise is harmful.

Exercise up to a certain degree, increases the pulserate, causing ample flow of nourishing blood to all the

That is normal exercise.

Physicians and Physical Trainers know this.

Over-exercise urges the Heart to excessive actionflooding the body organs with blood. The after-effect is stagnation and decomposition in the tissues—as in the lowlands after a Spring freshet; and toxins (poisons) abound.

Over-exercise also causes strain.

Architects know what "strain" means in buildings and in bridges, just as Doctors and Trainers know it in the Human Structure.

When "strain" passes a certain limit, the structure begins to weaken—slowly dis-organize.

So with the Heart.

It can stand so much "strain"—more or less, in different persons. Beyond the individual limit-look out!

When the Heart is compelled to over-exercise and convey a blood-stream filled with toxins-it is serious, in the

Tea and Coffee cause OVER-exercise of the Heart through the "whip" they contain in the form of the

drug, caffeine.

"OVER EXERCISE" OF HEART

Very Plain in Some People.

A great many people go on suffering rom annoying ailments for a long time before they can get their own consent to give up the indulgence from which their

An Eastern man described his experience

"I became satisfied some time ago that I owed the palpitation of the heart, from which I suffered almost daily, to the use of coffee-I had been a coffee drinker for 30 years. (Tea, also is injurious because it contains caffeine, the same drug found

"I realized that I must give up the harmful indulgence in coffee but I felt the necessity for a hot table drink, and as tea is not to my liking, I was at a loss for

"One day I ran across a very sensible and straightforward presentation of the claims of Postum, and was so impressed thereby that I concluded to give it a trial,

and I have used it ever since. "The effect on my health has been most salutary. The heart palpitation from which I used to suffer so much, particularly after breakfast, is gone, and I never have a return of it except when I dine or lunch away from home and drink coffee because Postum is not served. I find that

Postum cheers and invigorates while it produces no stimulation." "There's a reason," and it is explained in the little book, "The Road to Well-

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

the individual is at rest. The habitual use of tea or coffee, three or more times daily, forces the Heart to over-This produces what Life Insurance Examiners and Phys-

ical Trainers term "Coffee Heart." Tea causes the same effect on the heart, because it contains Caffeine, the drug

If you have "Coffee Heart" you can't get life insurance and you can't "go in for athletics"-not much. But-thousands of former "Coffee Hearts" now beat

regularly, supplying the body organs with pure blood in normal amount; are insured and enjoy life.

They have wisely quit tea and coffee entirely and now drlnk the wholesome, famous food-drink

Made of clean, hard wheat, Postum contains no tea or

coffee or any other harmful substance. It does not scourge; it nourishes. It does not causes over-exercise of the Heart; it supplies nutrition to that

organ and to the blood-stream which feeds and preserves the whole body.

"There's a Reason" Postum now comes in New Form called

INSTANT POSTUM It is regular Postum in a concentrated form, nothing added Place a level teaspoonful in a cup, pour on boiling water, stir,

add sugar and cream to taste, and it is ready instantly. No bother-flavor always the same-delicious. Sold by Grocers everywhere.

45 to 50-cup tin, 30c-80 to 100-cup tin, 50c.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.