

WHAT ANNE PITENHOUSE SAYS

SO NERVOUS, HE COULD NOT SLEEP. Three Months Treatment of "Fruit-a-tives" Cured Him. Kinardine, Ont., Sept. 12th. 1910. "The effects of 'Fruit-a-tives' on Sleeplessness, Nervousness and Disorders of the Body, is simply marvelous. 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' to be fundamentally selfish and large hats annoy him. He can talk against them almost as much as he can talk against the political party 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 lactics, but in this feeling he is entirely justified. There should be a law against them in their present state. It is a wonder that women don't do as much damage in public with these instruments of dress as the automobiles are doing at present in the streets. Not only are they dangerous to the public but the doctors have found that they are dangerous to the woman who wears them. There is a certain trouble with the glands at the back of the neck of which women often complain that is due, so some physicians say, to the reckless way in which women put in their hats. They stab their scalps daily and pay no attention to the tiny wounds and it is this stinging that causes that trouble in the neck. This is an entirely new phase of the hat problem that is not well known and it alone should put hats out of commission or make women more careful of their length and sharpness. But this is not a talk on health but on fashion, although doctors do not place a wide gulf of difference between the two. Judging from the showing of new spring hats which the milliners are offering for the Southern exodus, the small shapes will rule. They are comfortable because they are light in weight, do not back against the wind, cover the hair and are especially smart with the costume of the day. It would be a good rule for women to wear small hats with coat suits, and always in the streets, and if they do wear large ones to keep them for house affairs. The motor is responsible for the brimless hat, and when women found this convenience they made it their own. They more than the milliners, have enforced the small hat as a fashion, although the milliners should be enchanted at the opportunity to get the same amount of money for a small cap without a particle of trimming that they did for a large picture hat with splendid feathers and bubbles. You have probably noticed that prices have not gone down merely because the material has become scanty. The hat that takes over three yards of velvet or plush and one that takes only a quarter of a yard are both offered at the same price as in other days when materials were lavishly used. It would not be possible for any milliner to reason out why she asks \$40 for a picture hat with five yards of plush and one that takes only a quarter of a yard for a picture hat with five yards of plush. However, no one is so senseless these days as to put the cost of anything on the material used. It is the trim that gives the high coat of living, which, like charity, covers a multitude of sins. There is nothing radically new about the late for the south, which are always fore-runners of what is to be worn when summer weather comes to the north. At least it was rumored that the plain hat would go out and the trimmed hat re-

Little Beauty Chats

By BLANCKE BEACON

Bite Not Your Nails. ARE you in the habit of biting your nails each day and always after the hands have had a bath. This liquid does not discolor the nails, so be persistent in its use.

Water, 2 ounces. Quinine sulphate, 2 drams. F. E. Quassa, 2 drams. Apply this mixture to the nails several times each day and always after the hands have had a bath. This liquid does not discolor the nails, so be persistent in its use.

men, who with Miss Anselmi, daughter of the prime minister, is visiting in Canada. Fire in the "Dunlop" Moving Picture Company's plant at New Rochelle, N. Y., yesterday, did damage to the extent of about \$250,000. Washington, Jan. 13.—Election in forty-eight states met today and formally elected Woodrow Wilson to the presidency and Thomas R. Marshall to the vice-presidency of the United States. Wickersham, Jan. 13.—Attorney General Wickersham, it is understood tonight, has decided to further attack the so-called hard core trust in civil proceedings under the Sherman Anti-Trust Law.



J. Marcus Dependable Furniture



Good Values in Dining Room Furniture! DINING CHAIRS upholstered in Empire leather \$1.59 Dining Tables From \$7.00 up. China Cabinet quartered cut oak, bent glass sides, glass door, \$21.75 Buffets, From \$14.75 up, in all latest woods

Daily Hints For the Cook

STEAMED BREAD PUDDING. Scald 1 pint of milk, add 1 cup of stale bread-crumbs, 1 tablespoon of butter and 1 cup of sugar. Mix well and let stand until cool. Beat 3 eggs light without separating. Add to pudding with 1/2 teaspoon of vanilla and a pinch of cinnamon. Turn into a greased pudding mold and steam for 1 1/2 hours. Fruit may be added if wished for, such as currants, raisins, flour, or other canned cherries, peaches, apples or plums drained from the liquor.

SHIPPING

ALMANAC FOR ST. JOHN, JAN. 14. High Tide, 4.09 Low Tide, 10.37. Sun Rises, 8.08 Sets, 5.59. Time used is Atlantic standard. PORT OF ST. JOHN. Arrived Yesterday: Str Mount Temple, 6811, Moore, London and Antwerp, C. P. R. pass and gen cargo. Str Hattie H. Harbour, 298, Hodgson, New York, A. W. Adams, with coal for J. Rowan. Sailed Yesterday: Str Kwara, Davis, South African ports, J. T. Knight Co, gen cargo. Str Skoto, Perez, Nassau, Havana and Mexican ports, J. T. Knight Co. Str Rossano, Bailey, Sydney, Starr. Str Wanda, Zink, Vineyard Haven, J. W. Smith. Str Willena, Gertrude, Smith, New York, C. M. Kerrison. CANADIAN PORTS. Halifax, N. S. Jan 13—Arr, str Grampian, Liverpool; Canada, do; Anita, Jamaica; Manchester Miller, Manchester; Canada, do; (C. B.). Sailed—Str Grampian, St. John (N. B.). BRITISH PORTS. Cape Race, Nfld, Jan 13—Str Royal Edward, Avonmouth for Halifax, in wireless communication with the Marconi station here when 523 miles east at 9 p. m. Liverpool, Jan 13—Arr, str Celtic, New York. Plymouth, Jan 13—Arr, str America, New York. St. John, N. B., Jan 13—Arr, str Currier, Jahn—Said, str Whelan, Harnes, St. John (N. B.). FOREIGN PORTS. New York, Jan 13—Arr, str Coronia, Panama. Portland, Me, Jan 13—Arr, str Ausonia, London. Liverpool, Jan 13—Arr, str Silver Leaf, South Amboy; Hazel L. Rice, New York. St. Jan 13, str Clarence H. Verner, Portland (Me); Pearl Nelson, New York; Ann J. Taylor, do; Helen H. do. Portsmouth, N. H., Jan 13—Said, str Jennie S. Ball, New York. Eastport, Me., Jan 13—Said, str James Slater, New York. Santos, Jan 13—Arr, str Albuera, Lockhart, from Hull. Panama, Jan 13—Arr, str Lavonia, Pratt, Santiago.

"CASCAETS" FOR A SICK, SOUR STOMACH

Gently But Thoroughly Cleanse and Regulate Your Stomach, Liver and Bowels While You Sleep. That awful sourness, belching of acid and foul gases; the pain in the pit of the stomach; the heartburn, nervousness, nausea, bloating after eating, feeling of fullness, dizziness and sick headache, mental disorder, indigestion, which cannot be regulated until you remove the cause. It is in your stomach's fault. Your stomach is as good as empty. Try Cascaets; they immediately cleanse and regulate the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. Then your stomach trouble is eradicated. A Cascaets tonight will straighten you out by morning—absorb food from any drug store will keep your stomach sweet; liver and bowels regular; no more "Do not forget the children—their little insides need a good, gentle cleansing, too."

Tea and Coffee

"Over-Exercise" The Heart

Normal exercise is healthful. Over-exercise is harmful. Exercise up to a certain degree, increases the pulse-rate, causing ample flow of nourishing blood to all the body organs. That is normal exercise. Physicians and Physical Trainers know this. Over-exercise urges the Heart to excessive action—flooding 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 extreme. Tea and Coffee cause OVER-exercise of the Heart through the "whip" they contain in the form of the drug, caffeine. This drug increases the Heart's action—even while

"OVER EXERCISE" OF HEART Very Plain in Some People.

A great many people go on suffering from annoying ailments for a long time before they can get their own consent to give up the indulgence from which their trouble arises. An Eastern man described his experience as follows: "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 20 years. (Tea, also is injurious because it contains caffeine, the same drug found in coffee). "I realized that I must give up the harmful indulgence in coffee but I felt the necessity for a hot table drink, and so tea was not to my liking. I was at a loss for awhile what to do. "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 Wellville," in plae. Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

POSTUM

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 cause 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.

MARINE NOTES

J. W. Smith reports the str Lavonia, Capt. J. J. Pennington from Santiago. The str Hattie H. Harbour arrived yesterday afternoon from New York with a cargo of coal for J. J. Rowan. The vessel is to A. W. Adams. J. W. Smith reports that the str Arthur M. Gibson is due here from New York with a cargo of coal for Geo. Dick. The str Silver Leaf, is due here with a cargo of coal. The str Jeremiah Smith, C. M. Kerrison, cleared yesterday for Boston with 158,683 feet spruce board and scantling H. do. The str Wanda, J. W. Smith, sailed yesterday for Vineyard Haven with 248,797 feet spruce plank and boards, 18,325 feet pine plank and boards, 63,844 feet hemlock plank and scantling, and 75,000 spruce lads from Boston, Culler Co. The crew of the schooner Silver Star, of Matfield, N. S., wrecked Friday off Danversport, reached Boodidday Harbor on Saturday and reported the vessel to be a total loss. The four men were brought ashore by the Danversport life savers and saved only personal effects. The Silver Star was loaded with general merchandise and was on her way from Boston to Nook N. S.

THE DUKE'S VISIT HOME

(Times Special Correspondence) London, Jan. 1.—It is said here that the Duke of Connaught will probably come to London in a short visit during the early summer. He is understood to be desirous of being present at the formal dedication of the Henry VII Chapel in Westminster Abbey as the home of the Knights of the Bath, of which order he is grand master. The Duchess and Princess Patricia are expected to accompany him, and to remain in town for the season. Prominent Canadians in London are urging that a memento of the Duke of Connaught's viceroyalty should be placed in the parliament buildings at Ottawa. No definite scheme has been advanced but opinion favors a marble representation of the duke and duchess, or their portraits in oil; the work in either case to be executed by a Canadian. MAKESHIFTS "The Christmas toys have cost a lot," said Mrs. J. "Well, you can wear last year's overcoat and I can get along with last year's dress." "Yes," replied a glumly, "we'd be all right if we could only eat yesterday's steak."—Louisville Courier Journal.