

Rosy Cheeks or Pale Ones?

A moment's reflection with your mirror will give the hint as to the condition of your system. Pale cheeks, muddy complexion, dull eyes, show poverty of blood. You require something to make a plentiful supply of rich, red blood course through your veins. To ensure this take

BEECHAM'S PILLS

the wonderful little blood-makers. Whatever your blood may need the stomach will supply from the daily food when it is in good working order. Beecham's Pills aid the stomach to digest its food and to assimilate the blood elements. They increase the supply and improve the quality of the blood. If you are pale, weak, languid, or anemic, a few doses of Beecham's Pills will

Make all the Difference

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

Convince YOURSELF

That Union Blend Tea is worth the Price.

The secret of greater flavor and body of Union Blend Tea—the choice Rose aroma—lies in the fact that there is not a single full-grown tea leaf in it. I use nothing but the tender, young sprouts, hill-grown in Ceylon and India. This ensures quality. In my thirty years I have gathered together a staff of expert blenders who devote their entire time to make Union Blend Tea the one perfect tea. That's why I stake my reputation on its delicious and refreshing flavor. It's as different from ordinary tea as—well, there's no comparison, really. You can prove this right in your own tea cup.

HARRY W. DeFOREST, Ltd.

Buy a Columbia

No one thing will give so much pleasure to so many people, for so long a time, at so little cost, as a

COLUMBIA GRAPHOPHONE.

Prices from

\$20.00 to \$120.

Columbia Records

Fit any "Talking Machine" and make it sound almost as good as the Columbia Graphophone. No owner of a "Talking Machine" who ever got further than taking the first thing offered him will put his good money into ordinary process Records. Columbia Records are better beyond argument in smoothness, in clearness, in volume and in durability—better in every way. PRICES:

10 inch Double-Discs..... 65 cts.
12 inch Double-Discs..... \$1.00.

U. S. Picture & Portrait Co.,

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Chebucto Skates,

No. 10 Quality.

The regular price of these Skates is \$3.25, but we are selling them at the SPECIAL LOW price of **\$2.50.**

This is a Skate of very high quality, the runners being tempered by a special process, and the tops of the very highest quality Steel Sheets, highly carbonized to secure stiffness.

MARTIN HARDWARE COMPANY.

"Let Your Light So Shine."

THIS IS AN OLD SAW.

But when you can keep YOUR LIGHT SHINING for a LONGER PERIOD, at a SMALLER COST than ever before, surely that is the RIGHT LIGHT to burn.

A post card or a Telephone call will be appreciated, but better than all, a personal visit will be hailed with delight by the "man who knows" all about how you can SAVE MONEY ON YOUR ELECTRIC LIGHT BILL.

He has done it for others and can do it for you.

P. C. MARS, Board of Trade Bldg.,
P. O. Box 296. Phone 696.

How I Made Myself Young at Sixty.

"Fletcherism"—The System of Feeding Explained by the Inventor.

"Fletcherism" has become a fact. Ten years ago it was laughed at; today the most famous men of science endorse it and teach its principles. Scientific leaders at Cambridge, the University of Turin, the University of Berne, University de la Sorbonne, Universities at Berlin, Brussels, and St. Petersburg, as well as Harvard, Yale, and Johns Hopkins Universities in America—all endorse "Fletcherism," and teach its principles. The American Association for the Advancement of Science has made Mr. Fletcher a Fellow. It has been estimated already that more than two hundred thousand families in America are living according to "Fletcherism." It is no longer a question of doubt that of all the many current movements for sane eating and living, Mr. Fletcher and his principles have emerged at the very front. Mr. Fletcher for the first time tells in print, in the December Strand, the full story of the discovery of his principles and how he rescued himself from the prospect of an early grave to his present splendid physical and mental condition at the age of sixty. He says:—

Old at Forty.

"Twenty years ago, at forty years of age, my hair was white, I weighed 217 lb. (about 50 lb. more than I should for my height of 5 ft. 6 in.), every six months or so I had a bad attack of influenza, I was harrowed by indigestion—I was afflicted with that tired feeling. I was an old man at forty, on the way to a rapid decline. "I realized that the first thing to do was, if possible, to close up my business arrangements so that I could devote myself to the study of how to keep on the face of the earth for a few more years. This I found it possible to do, and I retired from active money-making and began my quest for health.

What Nature Requires in Eating.
"I began by trying to find out why Nature required us to eat, and how and when. I argued that if Nature

CATARRH

The Source of Consumption Cured Permanently By CATARRHOZONE

It Soothes and Heals every part of the Mucous Membrane, Cures all Forms of Catarrhal Diseases of the Nose, Throat, Vocal Chords, Bronchial Tubes, Lungs and Deafness.

If you have Catarrh or a cold you cannot afford to be indifferent to its progress. Your unsatisfactory experiments with the old-fashioned treatments requiring the use of disagreeable snuffs, powders, washes, ointments, etc., should not influence you against Catarrhozone.

St. Catharines, Ont.—"Best thing for Catarrh of the Throat I ever tried."
—Thomas Elliott.

Goderich, Ont.—"Excellent remedy for throat irritation."—Rev. M. McKay.

Blyth, Ont.—"No more bronchial attacks since using Catarrhozone."
—William Pollock.

Halifax, N.S.—"Has cured my Catarrh. I recommend it to my friends."
—W. P. Connors.

Kingsion, N.B.—"Best remedy in the world for catarrh."—Beattie McKendry.

Wawota, Assa.—"The very best Catarrh remedy on the market."—Robt. H. Davies.

Bannockburn, Ont.—"No better remedy in the world for Catarrh."—Patrick McQuelland.

West Lake, Ont.—"It's everything it is guaranteed to be."—Ethel Hillman.

Hockey, Mich.—"Has cured me of Catarrh."—S. Ward.

Clemensport, N.S.—"Catarrhozone cured me of chronic Asthma."—Samuel Perinell.

Woodstock, Ont.—"Catarrhozone restored my sense of smell."—Mrs. F. Simpson.

Brockville, Ont.—"Most convenient remedy on the market."—Thos. McGillivray.

Vehleek, Hill, Ont.—"Catarrhozone cannot be beaten."—Rodie McDougall.

Perth, Ont.—"Catarrhozone is of real value."—Rev. S. J. Hughes.

Get the large \$1.00 size of Catarrhozone, including a beautiful, hard rubber inhaler, and sufficient medication to last two months. Smaller sizes 25c. and 50c. Beware of imitations. By mail from the Catarrhozone Company, Kingston, Ont.

had given us personal responsibility it was not hidden away in the dark folds and coils of the alimentary canal where we could not control it. This fault or fault must be committed before the food was swallowed. I felt instinctively that here was the key to the whole situation. The point then was to study the cavity of the mouth, and the first thought was: "What happens there?"

"The answer was: Taste, smell (closely akin to taste, and hardly to be distinguished from it), feeling, saliva, mastication, appetite, tongue, teeth, &c. I first took up the careful study of taste, necessitating keeping food in the mouth as long as possible to learn its course and development, and as I tried it myself wonders of new and pleasant sensations were revealed. New delights of taste were discovered. Appetite assumed new leanings.

"Then came the vital discovery which is this: I found that each of us has what I call a food-filter—a discriminating muscular gate located at the back of the mouth where the throat is shut off from the mouth during the process of mastication. Just where the tongue drops, over backward towards its so-called root, there are usually five (sometimes seven, we are told) little teat-like projections placed in the shape of a horseshoe, each of them having a trough around it, and in these troughs or depressions terminate a great number of taste-buds, or ends of gustatory nerves. Just at this point the roof of the mouth, or the "hard palate" ends; and the "soft palate" with its uvula at the end of it, drops down behind the heavy part of the tongue.

The Act of Chewing.

"During the natural act of chewing, the lips are closed, and there is a complete closure at the back part of the mouth by the pressing of the tongue against the roof of the mouth. During mastication, then, the mouth is an air-tight pouch.

"While the food is being masticated so that it may be mixed with the saliva and chemically transformed from its crude condition into the chemical form that makes its possible digestion and absorption, this gate will remain tightly shut, and the throat will be entirely cut off from the mouth.

"But, the food becomes creamy, so to speak, through being mixed with saliva, or emulsified, or alkalisized, or neutralized, or dextrinized, or modified in whatever form Nature requires, the creamy substance will be drawn up the central conduit of the tongue until it reaches the food-gate.

"It is found by the taste-buds then located around the "circumvallate papillae" (the teat-like projections on the tongue which I mentioned just now) to be properly prepared for its acceptance and further digestion, the food-gate will open, and the food thus ready for acceptance into the body will be sucked back and swallowed, unconsciously—that is, without conscious effort.

"I now started to experiment on myself. I chewed my food carefully until I had got everything out of it that there was in it and until it slipped in unconsciously down my throat. When the appetite ceased, and I was thereby told I had had enough, I stopped, and I had no desire to eat any more until a real appetite commanded me again chewed carefully, eating always whatever the appetite craved.

"Fletcherism."

"I had now found out five things—all that there is to my discovery, and to the fundamental requisite of what is called "Fletcherism":—

"First: Wait for a true, earned appetite.

"Second: Select from the food available that which appeals most to appetite, and in order called for by appetite.

"Third: Get all the good taste there is in the food out of it in the mouth, and swallow only when it practically "swallows itself."

"Fourth: Enjoy the good taste for all it is worth, and do not allow any depression or diverting feeling to intrude upon the ceremony.

"Fifth: Wait, take and enjoy, as much as possible; Nature will do the rest.

What I Eat.

"What do I eat? When do I eat? How much do I eat?"

"My answer to all these questions is very simple: I eat anything that my appetite calls for; I eat it only when it does call for it, and I eat until my appetite is satisfied and cries: "Enough!"

"With my New England food-preferences, my range of selection circulates among a very simple and in-

expensive variety—namely, potatoes, bread, beans, occasionally eggs, milk, cream, toast and butter, &c. and combinations of these, such as browned potatoes, potatoes in cream, potatoes au gratin, baked potatoes, fish-balls mainly composed of potato, occasionally tomato steved with plenty of powdered sugar, oyster stew with the flavour of celery, escalloped oysters, &c.

Three Rules for Eating.

"First rule: Don't take any food until you are 'good and hungry.' "Second rule: From the food available at the time take that first which appeals most strongly to the appetite.

"Third rule: The moment appetite begins to slack up a bit, the moment saliva does not flow so freely as at first, the moment there is any degree of satisfaction of the appetite, stop. Rest is the antidote of 'that tired feeling.'"

Fads and Fashions.

Long earrings are in style.

The cape craze is a raging one.

All velvets are extremely popular.

The bolero is promised a great vogue.

Street skirts are narrow and quite short.

No gowns fit so snugly as they did last season.

Shorter coats are now talked of for cloth suits.

Long, white glove kid gloves prevail for opera wear.

"Drapery effect" is the keynote of all wraps and capes.

Odd settings are a feature of much attractive jewelry.

White furs of every sort and kind are greatly in demand.

Pale yellow appears everywhere, in wraps, gowns and hats.

Veiled sashes continue in favour for dance gown draperies.

Light, filmy chiffon muffs are in style for evening affairs.

Diamonds and pearls are the ruling jewels for great occasions.

Attractive skirts and waists are joined in semi-princess style.

Broadcloth, in pale shades, is highly popular for evening gowns.

Fur trimming has appeared on some of the most notable opera gowns.

Skirts of zibeline, in stripes and plaids, are worn with plain coats.

Collars and lapels are wide and long on nearly all coats and jackets.

Jersey top petticoats are still popular and promise to increase in demand.

Coats distinctively separate and for dressy wear are long and rather full.

Gold or silver cloth is used as lining to the sheer net yoke and sleeves.

Paris reports that velvet and cloth coats and costumes are in great favour.

Corbeau blue is the deepest blue yet invented, and is being used for hat brims.

Chantilly borders, not too deep, on a fine network, are the fad of the moment in veils.

The tight-fitting coat, with "bell" bottom is evidently a fashion of the near future.

Acts Directly on Bad Kidneys.

A few doses clean and regulate the Kidney venid Backache.

If you take several doses of Pape's Diuretic, all backache and distress from out-of-order kidneys or bladder trouble will vanish, and you will feel fine.

Lame back, painful stitches, rheumatism, nervous headache, dizziness, irritability, sleeplessness, inflamed or swollen eyelids, worn-out, sick feeling and other symptoms of sluggish, inactive kidneys disappear.

Uncontrollable smarting, frequent urination (especially at night) and all bladder misery ends.

Feeling miserable and worried is needless, because this unusual preparation goes at once to the disordered kidneys, bladder and urinary system and distributes its healing, cleansing and vitalizing influence directly upon the organs and glands affected, and completes the cure before you realize it.

The moment you suspect any kidney or urinary disorder or feel rheumatism pains, begin taking this harmless medicine with the knowledge there is no other remedy at any other price, made anywhere else in the world, which will effect so thorough a cure as a fifty-cent treatment of Pape's Diuretic, which any druggist can supply.

Your physician, pharmacist, banker or any mercantile agency will tell you that Pape, Thompson & Pape, of Cincinnati, is a large and responsible medicine concern, thoroughly worthy of your confidence.

Only curative results can come from taking Pape's Diuretic, and a few days' treatment means clean, active, healthy kidneys, bladder and urinary organs—and no backache.

Wines of Quality

Bear this Mark. Look for it. At all GOOD Dealers.



SCHRODER & SCHYLER & Co. Oldest Claret Shipping House in Bordeaux.

SAUTERNE
A delicious old vintage befitting the name it bears. S. & S. Sauterne possesses that peculiar palatableness which connoisseurs term "grip." Its delicate bouquet is truly gratifying to discriminating folk.

CLARET
To the man about town, or the woman of busy social life, S. & S. Claret has a genuine significance. To punctuate dinner with this wine is a pleasure worthy of experience.

BURGUNDY
Rich, indeed, but not surfeiting. The fruit of this luscious vintage has been cultivated in the same soil for centuries. This hint is sufficient for those who know what good wine should be.

SCHRODER & SCHYLER & Co. Founded in 1739. Represented in Canada by D. O. ROBLIN, of Toronto, and JOHN JACKSON, St. John's, Resident Agent.

SLAUGHTER Sale FURS.

End of Season Clearance. Largest and Best Stock of FURS in City, at HALF Regular Prices. No HALF MEASURES when we call a Sale. It is HALF PRICES.

Buying a Fur from us at any time is a good investment. At the present moment purchasers can find no better investment. Our name for Furs is good and Our Sales Large, because we have always given the Purchaser the Highest possible Value for her money. Any Fur bought from us you may be sure will Wear Well and keep a good appearance for years, though it may merely be quite a low priced one. All Furs selling now are guaranteed. The Low Prices are merely to make as complete a clearance as possible by end of season.

WE SHOW IN: NECKLETS and MUFFS—Marmots, Stone Fitches, Russian Fitches, Grey Squirrels, Mole Squirrels, Black Pointed Foxes and Hares, Grey Smoke and Sitka Foxelines, Black Sitka, Russian Brown and Sable Hares.

IN STORM COLLARS—We show a very fine range of Superior Quality Hares, in Black Sitka, Russian Brown and Sable. These have a very fine and silky appearance and finish.

CHILDREN'S IMITATION FURS.

COLLARS, MUFFS and SETS you will find being cleared at GREATLY REDUCED PRICES during this SLAUGHTER SALE OF FURS.

CHILDREN'S IMITATION FURS include:—White Bear, White Thibet, Grey Bear, Beaver, Mole, Squirrel, Ermine, etc.

NOTE—We are just in receipt of a few Grey Squirrel Throw-Over Scarfs, and intending purchasers had better see them at once. Also, we have a few Marmot Throw-Overs, at \$1.99 each. A special lot of Marmot Scarfs, at only \$1.00 each. And good value in Marmot Muffs, at \$1.80 each.

Henry Blair.

COTTONS AND WOOLENS.

Best and Cheapest Wholesale House in the City.

A complete stock of the newest American and English Goods, embracing Percales, Shirtings, Calicoes, Misprints. Also Tweeds, Dress Goods, Top Shirts Flannellettes, etc., and Fleece-lined Underwear—special make.

Please See Our Prices.

Cutport Orders will have special attention.

W. A. Slattery,

Duckworth Street,

3 Doors East Seamen's Home Building

READYMADES!

Men's Tweed Pants.....\$1.00, 1.20, 1.40 up

Men's Tweed Jackets, from.....\$2.00 up

Men's Tweed Vests, from......70 cts. up

Men's Tweed Suits,.....\$3.50, 4.50, 5.00, 5.50 up

Also,—A Big Stock of Boys' Suits.

Outport Orders carefully and promptly attended to.

WILLIAM FREW, WATER STREET,

(Nearly Opposite Court House.)

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