

TRY A BARREL OF "REGAL" FLOUR

the next time you buy. Every barrel of this flour is sold with a guarantee of "money back if not satisfactory."

Little Beauty Chats

By BLANCHÉ BEACON

How To Remove Black Heads

PROSIAO as it may sound, blackheads are partly a manifestation of the unwholesome condition of the stomach and eliminative organs.



essentially to a simple form of diet, including a daily body bath, and walking in the outdoor air an hour or two every day.

CASCARETS SURELY STRAIGHTEN YOU OUT

No Headache, Biloinsness, Upset Stomach, Lazy Liver or Constipated Bowels by Morning

Are you keeping your bowels, liver and stomach clean, pure and fresh with Cascarets, or merely forcing a passage way through these alimentary or drainage organs every few days with Salts, Cathartics, Pills, Castor Oil or Purgative Waters.

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

THE TIME HAS COME! Remove on the platter; His bones we've picked, Our chops we've licked.

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

LIVING NOT CHEAP IN HALIFAX CITY

Figures That Show \$913.21 a Year Needed for Family of Five

DETAILS ARE GIVEN Average Wages of Mechanic and Longshoreman Much Below This - A Comparison With Prices in St. John

(Halifax Chronicle) An interesting series of figures bearing closely on the viewpoint of the working man as to existing prices of commodities in Halifax, has been furnished to the Chronicle in an interview with a gentleman who is familiar with the condition of the poor man of the city, what he has to pay to live, and how he does live.

SHIPPING

ALMANAC FOR ST. JOHN, DEC. 14

High Tide 3:15 Low Tide 9:38 Sun Rises 6:58 Sun Sets 4:38 Time used is Atlantic standard.

PORT OF ST. JOHN

Arrived Yesterday. Stmr Manchester Trader, 2136, Butler, Liverpool via Halifax, gen cargo, Wm Thom, Dec 13-Ard, 10:30.

CANADIAN PORTS

Windsor, Dec 10-Ard, schr King Josiah, Perth Amboy, 200 tons hard coal, Old 1000, 2000 tons gypsum.

BRITISH PORTS

London, Dec 13-Ard, stmr Rappahannock, St. John.

FOREIGN PORTS

New York, Dec 15-Ard, schr George D Edmands, St. George (N.Y.), New London, Dec 13-Ard, schr Minnie Slauson, St. John.

MARINE NOTES

The schooner Ann Louise Lockwood, A. W. Adams, arrived yesterday from Perth Amboy, with a cargo of hard coal for the C. P. R. and will go to the west side to discharge.

A Clean Scalp Means Beautiful Hair

HERPICIDE There is nothing "just as good" as Newbro's Herpicide. Some dealers will even go so far as to tell you they have something better.

Daily Hints For the Cook

DOUGHNUTS Beat three eggs light, add cup sugar, three tablespoons melted butter, one cup of sweet milk and one teaspoon lemon extract.

THE SPIRELLA CORSET

The Spirella Corset is made to measure, fitted for a trained Corsetier. Accustomed gracefully and easily to the Spirella Corset.

MIS. ALGURE

66 Sydney St., Phone 628-11

SPECIAL VALUES IN MEN'S WEAR FOR SATURDAY AT CORBET'S

- Men's Flannel Shirts - 73c, 83c, \$1.00 and \$1.23
Men's Coat Sweaters - 98c, \$1.23, \$1.73 to \$4.48
Men's All-Wool Underwear - 73c to \$3.50
Men's Scotch Tweed Pants - \$1.09, \$1.23 to \$3.74
Men's English Worsteds Pants - \$1.29 to \$3.73
Men's Fur Band Caps - 48c to \$1.29

CORBET'S 196 Union Street

In Baltimore they are trying an idea to reform drunkards by means of mirrors which are held in front of the victim the morning after he awoke.

Sensible, Suitable Gifts For The Little Ones!

- Baby Morris Chairs, upholstered in green or red velour, oak frame, reclining back with brass rod and castors, made same as ordinary Morris Chair - \$3.50
Baby Morris Rocker to match chair \$3.30
Baby Couch, upholstered in green or red velour, has large roomy box underneath, equipped with castors \$3.50

J. MARCUS, - 30 Dock St.

DENT'S LADIES' KID GLOVES. WHAT TO GIVE FOR XMAS GIFTS. Dent's Kid Gloves. Ladies the world over know FROM EXPERIENCE that the name DENT'S on a pair of gloves means the highest quality, the best fit, the newest style and the longest wear.