EATING SENSIBLE BREAKFASTS. | SUGGESTIONS AND NOTES OF

It is difficult to remove the erroneo idea that a heavy meal is necessary be-fore heavy work. To the scientist it is always apparent that a rest must fol-low a meal. During digestion, especial-ly as the food enters the stomach, the circulation there is increased. If hard

ly as the food enters the stomach, the chrculation there is increased. If hard the blood carry nutrition to the muscles and do its full duty to the stomach? One or the other must suffer, and it is usually the stomach; so that taking a heavy breakfast and goting immediately from the meal to heavy work is equivalent to making a lunchbasket of one's stomach.

One class of people tell you that they must have breakfast as soon as possible after rising or they have a faint, nauseated feeling. So much the greater necessity for their not going to the breakfast table. The faint, nauseated condition is not a sign of an ill cared for, overfed stomach. A cup of hot water, or a cup of half milk and half coffee, with a rest of two hours and a half, would probably save such people from many a spell of sickness in later years.

Persons suffering from indigestion or mainutrition who are compelled to do hard mental work during the morning hours find it very trying to have the blood centring around the stomach now and then needs a vacation. Entire abstinence from food is pot insisted upon unless in cases of special feeding, but let the foods which are taken be light, sightly, nutritious and asally digested—as a little fruit with a sasily digested—as a little fruit with a sasily digested—as a little fruit with a dasher was the which a caught here in the proposition of the content of taken be light, sightly, nutritious and frames of lipen is to applique flowers of sasily digested—as a little fruit with a linen, embroidered, and caught here small bowl of well-cooked cereal, and and there with a stitch, but not flatten small bowl of well-cooked cereal, and perhaps four or five tablespoonfuls of cream, eaten slowly. An easily digested breakfast would consist of half a pint of hot milk with one-third coffee (for those who do not like milk), or a cup of hot water, or two soft-boiled tegs and a piece of toast, or a cup of well-made cocoa, or chocolate and toast after the dish of fruit, omitting the cereal; or, in coul weather, a bit of brofled bacon with an egg and brown bread. Coffee taken with a cereal is very apt to produce fermentation, and the result is sour stomach. This, frequently reto produce fermentation, and the result is sour stomach. This, frequently repeated, creates serious results. People who cannot take a cereal will find meat and fruits less liable to disagree with them than meat and starchy foods.

Where a very light breakfast is taken the noonday meal should be nutritious and taken just on the hour of noon. A sour should preede the meal as it will

tope the stomach for the food that is th

The man who retires at nine o'clock should have his dinner at five. As our business methods prohibit this way of living, the next choice for this class is a noonday dinner, a light meal at night, and a more substantial breakfast. The man who eats a dinner well proportioned, served in courses, at six or haif past, will find a light breakfast all that is necessary. Most persons have been brought up to think it necessary to eat three good meals a day, which few Americans can do for any length of time. To pick up the stomach, to bring the gastric secretions in that it may receive the food in a welcome condition in the morning, an "appetizer" in the shape of the juice of one or two oranges is taken, or other acid fruits. At dinner, condiments, or large quantities of salt are eaten. The irritation these create we call "appetite."

It must be understood that the lack of appetite is Nature's way of telling us that we should not eat. Those who insist on eating without appetite live for a while, but go about their daily toll with languid movements and an expression of stern duty, making every one around them feel that life is a burren rather than a pleasure. This class also go from place to place wishing for

ren rather than a pleasure. This class also go from place to place wishing for new dishes, new ideas, new ways of dressing the ordinary things they are so tired of eating. Their sense of taste fore they are used.

has gotten into revolt, and to keep the Irons should not be allowed to become

has gotten into revolt, and to keep the appetite at all alert new and highly seasoned dishes must be constantly concocted. The oyster cocktail, enough to ruin the finest stomach, is seen on their tables. A natural appetite to them is but a remembrance of childhood. Their names swell the list of sufferers from dyspepsia, rheumatism, gout, Bright's disease, biliousness and "sick headaches."

How many children have been put into premature invalidism by being made to eat a heavy breakfast before going to school. A raw egg separated, beaten until light, and four or five tablespoonfuls of cream might be taken easily, but meat and potatoes are not good for a delicate stomach at breakfast-time. People occupying sedentary positions will find a quarter of an apple or half of a very ripe banana sliced, or any one of the sub-acid fruits, with two tablespoonfuls of a well-cooked cereal, either rice, oatmeal, or one of the light preparations of wheat, with four tablespoonfuls of cream, a very ways done in the stores.—Ex. tablespoonfuls of cream, a very ways done in the stores.-Ex. without sugar, quite enough.

The laborer need only increase the amount of foods, not necessarily change their character. He does not require a different diet, only a larger quantity.

In France and in Germany, where men do exceedingly hard work, the first real of the meaning consists of helfs. meal of the morning consists of half a An emergency that a mother has pint of milk with half a pint of well-sometimes to meet is that of a foreign made coffee and two rolls. At eleven body in the ear. Children are quite made coffee and two folis. At eleven body in the ear. Children are quite o'clock they take lunch, and then at one they have the first meal of the day. Under such circumstances they find it quite easy, year in and year out, to keep in good health, under hard labor, with the long working hours to which creature crawl out; or the ear may be The American workman, with his olive oil to drown him out. In case, heavy breakfast, is constantly complaining of his work and asking for pea or bean being in the ear, a syringe shorter hours; he needs them, as it requires much labor to digest his food, swell and soften it, making it distinuit nd he cannot possibly give his efforts as well as dangerous and painful to extract

HOUSEHOLD INTEREST

(Brooklyn Eagle.)

though they may be commonplace in the eyes of the vulgar) effective or in-

A silver fork should be used for beating eggs, never a steel one, as the phosphorus of the yolk attacks the steel and forms a disagreeable salt.

ner at night. Those who go to bed after a light supper will find the stomach quite empty in the morning, and they will need, after a cup of hot water, a dish of fruit, abowl of well-cooked cereal, a lightly broiled chop or two soft boiled eggs and a slice of teast, or whole wheat bread.

The man who retires at nine o'clock should have his dinner at five. As our business methods prohibit this way of living, the next choice for this class is

OLD AND TRIED

Clothes-lines are made much more durable by boiling for ten minutes be-

cereal, either rice, oatmeal, or one of stretch it carefully over a bit of card-the light preparations of wheat, with board or other stiff material, as is alsatisfactory morning meal. A cup of cereal coffee may follow, or a cup of half milk and half ordinary well-made French coffee. Those who do not need to work will find the coffee and milk, without sugar, quite enough.

The laborer need only increase the core should be taken to put a piece of core and milk, and the core and milk and the core and milk

AT THE LONDON HOUSE, SATURDAY, Feb. 20th.

An Early Display of **Lovely Easter Goods**

Easter is a long way off yet but a large portion of the Easter Goods are here now and you may as well have a look at them.

French and German Lace Neckwear.

Handsome Guipure Neck Pieces. Stole prices for Collarless suits. New ideas in two .toned Guipure lace pieces. Arabian lace braid collars, very Prices 50c. to \$2.00.

Navy Deep Lace Shoulder Collars.

The finest line of those wide or deep effects in Guipure lace collars, some of them almost come down to the elbow. Colors Cream, Arab, Ivory.
Prices 75c, to \$3.75.

Silk Neckwear and "Fancy Work" Stock Collars.

The latest ideas in Scrim cuff and collar sets and cross stitch collars. 39c. and 80c, Sett,

Embroidered cuff and collar sets, some are white linen, Ebony lace cuff and collar sets, Arabian lace stole collars, new silk and gold braided stocks Pricos 50c to \$1.75. and collars.

Arrivals in Dress Department.

Further additions to our large display of Spring Suitings. Pure wool cloths in subdued tweed effects particularly suitable for the three quarter coat style of suits. Also many special lines of light weight goods of soft nature, such as voiles, etc.

Two toned blanket cloth, a very attractive range in variety of colors, \$1.15 yd. "Marmock" suitings, new tweed effects 95c. "Puritan" pure wool suitings \$1.50. "Lanarkshire" suitings \$1.25 yd.

Another Lot of Those American Serge Waistings

Fancy Knope Tweed 75c yd.

Such a great demand for these striped Serge waistings did we have, we had to import another lot although so late in the season. Nothing better for spring waist. All one price, 15c. yd.

American Art Draperies.

For bedrooms, for libraries, for cushions, for cosy corners. Decidedly new and pretty designs. "Poppy" draperies, 36 inch, 18c yd. Striped Bed Room Draperies, 19c. yd. Art Demins for Cosy Corners, 20c. yd.

White "Malte" Waistings--New Designs.

Heavy Mercerized Mattings and very pretty Basket "eave and fancy Reep Waistings, English white waistings are guaranteed to keep their lustre after washing. 23c. to 50c. yd.

F. W. DANIEL & 60.,

London House, Charlotte St.

Brought Against a U. S. Immigration Official in St. John. In August last Superintendent H. M. Turner of the United States immigra-tion service in Canada arrested George Morie and Louis Kouri at Eastport for having introduced into the United States through Canada a Greek named Anastasis Papogergui, who was suffering from trachoma, and was a most undesirable person to enter any country. The men arrested had undertaken at Montreal to land the Greek in the United States. They brought him to St. John, from which place they suc-St. John, from which place they succeeded in conveying him to St. George. There a vessel was taken and the man was landed on one of the islands lying off Eastport The str. Viking carried the Greek and his handlers to that place. There the arrest took place. At Portland, Me., before the United States district court the men arrested for smuggling the Greek into the United States pleaded guilty and were sentenced. The Greek was deported from New York. But recently he again crossed the Atlantic and came to St.

The Knights of Pythias of St. John fittingly celebrated the fortieth anniversary of the founding of the order last evening by holding an "At Home" in their lodge hall. There was an attendance of about three hundred members of the two lodges, and the whole affair passed off most successfully, all present when going home voting the evening a most enjoyable one.

The following was the programme: Opening address by the chairman, P. G. C. Dr. Godsoe, who introduced His Worship Mayor White, who made an excellent address, referring to the programme: of the color of G. C. Dr. Godsce, who introduced His Worship Mayor White, who made an excellent address, referring to the progress of the order in the 40 years of its existence; banjo solo, Geo. Hoyt; vocal solo, R. S. Ritchie; telegrams from the grand chancellor, P. H. Fryers of Moncton, and the Grand K. of R. and S., J. C. Henry of St. Stephen, appropriate represent at their inpublics. expressing regret at their inability to

are. Bell is still in a comatose state.

At the request of relatives of some of the Canadian missionaries resident in Corea and Manchuria, a cable message was sent by the government to Lord Strathcona asking him to see the British admiralty and get them to send a warship to bring the missionaries and their families out of the danger zone. Strathcona immediately took the matter up, and a reply has been received from him today, stating that whatever steps were possible to relieve the missionaries would be taken by the the missionaries would be taken by the admiralty without delay.

Captain Newton, A. D. C. to the general officer commanding, sails from New York for Liverpeol tomorrow to attend the marriage of his cousin, Lady Grizel Cochrane, eldest daughter of the Earl and Countess Dundonald. Through pressure of business here in connection with the department of militia, Lord Dundonald will not be able to attend his daughter's marriage. his daughter's marriage.

There was a hundred thousand dollar There was a hundred thousand dollar fire in Ottawa this morning, due to the fact that dirty dominion bills to that amount were sent up in smoke. This destruction of paper money of the government issue, particularly of the dollar denomination, takes place frequently. The banks gather up the worn and dirty bills, and in return crisp new bills in sheets of two dozen or new bills in sheets of two dozen or more are supplied. Microbe laden bills

THE WATER SUPPLY. Mr. Murdoch Explains the Deficiency.

Wm. Murdoch, superintendent of the water and sewerage department, writes water service is at present so poor. He says that it was at first thought that the low pressure was due to the running of house taps to prevent freezing, tinue even in comparatively warm weather when there was not so much danger of freezing, it was concluded that omething else was largely the cause. on foot for leaks, but none were discovered. Tests are now going on to ing to the city are in operation. Mr. Murdoch says that the pump at Silver Falls is being taxed to its limit.

COUNTY SCARLET CHAPTER. The annual meeting of the St. John County Scarlet Chapter was held last evening, P. G. M., A. J. Armstrong, in the chair. After some routine busi ness, the officers were elected for the ensuing year and installed by the P. G. M. as follows: A. J. Estabrooks, W. C.; C. B. Ward, D. C.; W. H. W. Gooderich, Treas.; Geo. E. Earle, S. H. K. A; Wan Stevens, I H.; Wm.

BAD WEATHER. The pilot boat David Lynch reached St. John about noon yesterday, after stay down the bay in the pursuit of incoming vessels, she experienced a lot of bad weather. In a gale off Petite Wednesday night her main boom was broken. The gale was from the north. The Lynch came up under storm trysail, foresail and staysail. She was docked at the Pettingill wharf, where she will have the necessary repairs

St. John's Church.-Rev. J. de Soyres, rector. Services tomorrow (I. Sunday in Lent): 8, Holy Communion; 11, Morning, prayer and sermon, preacher, the rector; 3, Sunday school; 7, Evening prayer and sermons preacher,

Canon Richardson.
Trinity Church.—Rev. Canon Rich ardson, rector; Rev. G. R. E. MacDonald. (I. Sunday in Lent): Morning service and celebration of the Holy Communion at 11; Bible class for men the morning, and the Rev. John de Soyres in the evening.

Soyres in the evening.

St. Luke's Church.—8 a. m., Holy Communion; 11 a. m., Morning prayer and sermon by rector, Rev. R. P. Mc-Kim; 2.30 p. m., Sunday school and Bible class; 7 p. m., Evening service and sermon by Rev. F. G. Scovil.

Rev. A. W. McLeod of Glasgow, Scotland, will preach in St. Andrew's Church on Sunday at both services.

Queen Square Methodist Church.—Service at 11 a. m., conducted by the Rev. W. C. Mathews, and at 7 p. m., crossed the Atlantic and came to St. John. Soon after his arrival he interwiewed legal men, and as a result of these interviews he brought a suit for \$5,000 for damages for false arrest against Mr. Turner.

The case, while Mr. Turner figures in the claim, is simply one against the immigration department of the United States. Mr. Turner acted under in-

immigration department of the United States. Mr. Turner acted under instructions from the department in every particular. It was necessary for Mr. Turner to give bonds to the extent of \$10,000. When the case will come on is not as yet known.

Department of the United Zion Methodist Church, junction of Wall street and Burpee avenue.—Rev. Dr. Wilson, pastor. Rev. Henry Penna will preach at 11 a. m. Sabbath school at 2.30; the pastor at 7; subject: "Japan's Claims to Public Sympathy." All made welcome.

Centenary Methodist Church, junction of Wall street and Burpee avenue.—Rev. Dr. Wilson, pastor. Rev. Henry Penna will preach at 11 a. m. Sabbath school at 2.30; the pastor at 7; subject: "Japan's Claims to Public Sympathy." All made welcome.

meeting of trustee board Tuesday at 8 p. m. Young women's class Wednesday evening at 7.15. Epworth League Wednesday at 8. Sunday school concert Thursday evening at 8 o'clock.

Leinster St. Baptist Church.—Pastor, Christopher Burnett will preach morning and evening; morning subject, "The Negro Sleeping Sickness and its Moral." Men's Baraca Bible class at 2 p. m.

THE KING CURE For HEADACHES is the

Proper Title for

HEADACHE POWDERS because they are so lar superior to any other kind, being absolutely safe, pleasant and effectual. They contain no ingredient which will lead to the formation of a dangerous habit, but are simply a purely vegetable compound which have cured thousands of others and will do the same for you.

If your dealer won't supply them we winail either package, postpaid, on receip

Past Chancellor Beamish was next introduced and gave a very interesting address on the founding of the order, of which he is the father here.

Reading, W. Thompson; phonograph selections, J. A. Lipsett; vocal solo, Mr. Bambury; reading, Gilbert Jordan; address, Past Supreme Prelate Jas. Moulson; saxophone duet, Messrs. Jones and Eddleson; reading, E. R. W. Ingraham; address, Past Grand Chancellor, LeB. Wilson; violin solo, Clare Jordan; address, Past Chancellor Dodge; phonograph selections, J. A. Lipsett; God Save the King.

OTTAWA NEWS,

OTTAWA, Feb. 12.—The condition of B. T. A. Bell is not improved. It will be some days before the doctors can tell what his chances of recovery are. Bell is still in a comatose state. At the request of relatives of some

The Crown Bank of Canada

Provisional Offices: 23 King Street West, Toronto, Ont Now opened to complete organizations The following have consented to act as Directors upon decide:

PRESIDENT; EDWARD GURNEY, President of the Garney Fauntry Ca. VICE-PRESIDENTS

CHARLES MAGEE, President Ottawa Fire Insurance Ca.; President C. Rees Co., Limited, Ottawa; late President of the Bank of Ottawa, Ottawa R. Y. ELLIS, Director of the P. W. Ellis Co., Limited, Teresta,

CHARLES ADAMS, of Messra. Adams Brothers, Whalesale Saddlery, Toronto, JOHN L. COFFEE, of Messrs. L. Coffee & Company, System Reporters, Toronto. JOHN C. COPP, Manager Toronto Land and Investment Corporation, Tereste.

JOHN M. GILL, President of the James Smart Manufactus Company, Limited, Brockville. JOHN WHITE, Merchant, Mayor of the City of Woodsteeld

I TRUT. COL. JEFFREY H. BURLAND, President of the Canada Edit & Lithographing Co., Limited, Mentreal GENERAL MANAGERS GERALD de COURCY O'GRADY, Late Manager at Louisen, Con., of

SOLICITOR: FRANK ARNOLDI, R.C., of Mossra Arnoldi & Nisbet Turning Con. Authorized Capital, \$2,000,000 in 20,000

shares of \$100 each, issued at \$110 per Share. It has been decided for the present to confine the issue of stock to ONE MILLION DOLLARS, being one-half of the

TERMS:-\$5.00 per share of the par value on application, \$25.00 per Share of the par value on allotment, and the balance

in eight successive monthly instalments of \$10.00 per share, commencing on the first day of each of the eight months immediately succeeding the date of such allotment. Application for stock or for further information including

prospectus, forms of application, etc., may be made to G. de C. O'GRADY, General Manager, The Crown Bank of Conada, Provisional Office, 23 King St. W.,

Bank of Commerce Building, Toronto. to DAVID A. McLEOD,
Provincial Manager Continental Life Insurance Co.

8 Market Square, St. John.