

Little Beauty Chats

By BLANCHE BEACON

Indigestion Fatal to Beauty

Do not believe indigestion, mild as it may be, is a trifling matter...



What can be done to pacify your irritated stomach? I will tell you. First you must be most careful to chew your food well...

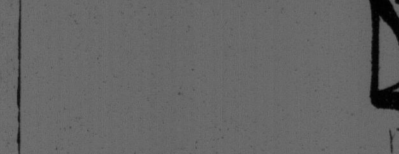
HEADACHY, BILIOUS, UPSET? "CASCARETS"

Bilious, Throbbing Headache Means Bowels Are Clogged And Liver Stagnant—You Need Cascares

You're bilious, you have a throbbing sensation in your head, a bad taste in your mouth, your eyes burn, your skin is yellow, with dark rings under your eyes...

DEFINING A PROBLEM. One of the incomprehensible things to a child is the fashion some grown-up people have of promising and forgetting...

They do not understand excuses or the pressure of circumstances; they only know: "She said she would and she did not."



Every Child Has a Right

to be informed about any article of food or drink likely to affect his future welfare and comfort.

There's a lesson about tea and coffee which is apt to come late in life when unsteady heart, disordered digestion and upset nerves drive home facts which should have been known years before.

Tea and Coffee contain caffeine, a habit-forming drug, that doctors and hygienists know to be harmful to both young and old.

Instant Postum

in place of tea or coffee

provides a delicious drink of rich, distinctive flavor. It is made of wheat and the juice of Southern sugar-cane—absolutely free from the drug, caffeine, in tea and coffee.

A spoonful of Instant Postum with hot water produces instantly a delightful beverage which children and grown-ups alike may drink with fullest benefit.

"There's a Reason" for Postum

Sold by grocers everywhere, in 30 and 50c tins.

Canadian Postum Cereal Co., Limited, Pure Food Factories, Windsor, Ont.

Advertisement for Webster's Dictionary, featuring a cut-out coupon and details about the dictionary's features and price.

Daily Hints For the Cook

APPLE JELLY. Peel, core, and slice the apples thinly without removing the core or pips...

LEMON MERINGUE PIE. Have a custard pie plate lined with paste, beat the yolks of 3 eggs lightly with 5 tablespoons of sugar...

SHIPPING

ALMANAC FOR ST. JOHN, APRIL 8. High Tide..... 6.30 Low Tide..... 6.34 Sun Rises..... 5.56 Sun Sets..... 6.55 Time used is Atlantic standard.

CANADIAN PORTS. Halifax, N. S., April 7—Arr, steam Florida (Fr), Haave, Ryndam (Ger), Hamburg, Almeria, Liverpool, Arabic, Liverpool.

BRITISH PORTS. Glasgow, April 7—Arr, steam Athena, St. John.

FOREIGN PORTS. Vineyard Haven, April 7—Arr, schooner Laura C Hall, Port Reading, Alaska; do, J. R. Bodwell, New York; Isleta, Perth Amboy; Eva May, do; Mary E Pennell, New York; Henry D May, do; (Return) Jesse Hart, Second, William L Elkins, J. S. Lamprey, Kennebec and Windsor.

Chinese Girl's Devotion. It is possible that the suffragist campaign may one day become rampant in China, but at present the Chinese feminine ideals have little in common with those of the West.

Stops Falling Hair. Hall's Hair Renewer certainly stops falling hair. No doubt about it whatever. You will surely be satisfied.

The King's Daughters. Election at Annual Meeting—Reports Show Much Activity.

The Ladies of Saint John May Now Have Beautiful Hair—All First-class Druggists Sell SALVIA and Guarantee it to Grow Hair, or Refund Your Money.

GETTING GRAY? USE SAGE TEA TO RESTORE NATURAL COLOR OF HAIR.

Says Sage and Sulphur Darkens Hair Beautifully and Ends Dandruff.

Time to Consider The Refrigerator For Your New Flat.



Labrador Special Refrigerator made of Northern ash, galvanized lined with parts removable for cleaning, size 38 in. high, 24 in. wide, 17 in. deep, \$6.95 regular value \$9.50 NOW - - - - -

Treasure Range, constructed of best pig iron, 6 covers, 18 in. oven, removable nickle, large fire place and ash box and \$24.75 extra heavy duplex grates. Special without reservoir Guarantee with stove.

J. MARCUS, 30 Dock Street. Furniture and Home Furnishings

ROYAL BAKING POWDER Absolutely Pure

ROYAL—the most celebrated of all the baking powders in the world—celebrated for its great leavening strength and purity. It makes your cakes, biscuit, bread, etc., healthful, it insures you against alum and all forms of adulteration that go with the low priced brands.

TO STOP HAIR LOSS AND RID YOUR SCALP OF DANDRUFF, USE NEWBRO'S HERPICIDE. Do you have dandruff? Does your hair fall out? Is it getting thinner and the parting more pronounced every day?

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Labrador Special Refrigerator made of Northern ash, galvanized lined with parts removable for cleaning, size 38 in. high, 24 in. wide, 17 in. deep, \$6.95 regular value \$9.50 NOW - - - - -

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SCRUBBING is well begun and half done when you start it with -

Old Dutch Cleanser

Home Dyeing

USE THE WANT AD. WAY