

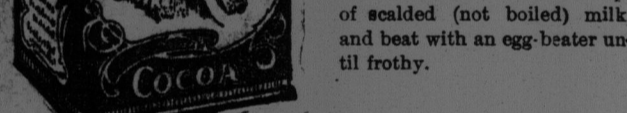
2 Cups of Lowney's Cocoa Contain 25% More Nourishment than One Large Egg.

Isn't that a good reason why you should drink Lowney's at breakfast? The unit of food value is called a "calorie." One egg contains 93 calories. Two teaspoonfuls of Lowney's Cocoa (making 2 cups) contain 118 calories.

When you drink Lowney's Cocoa in the morning you add to your supply of energy for the day's work. In addition to its wholesomeness, you will find that Lowney's makes the most palatable of drinks.

It is made from the choicest cocoa beans grown in the tropics, skillfully roasted and blended. Our Montreal factory is a model for cocoa-making.

Drink a cup or two of Lowney's tomorrow. Sold by grocers. In tins—10c. to 50c. sizes.



The Walter M. Lowney Co. of Canada, Ltd., Montreal

WORK THIS PUZZLE! SEND NO MONEY!! MON WONN \$50 CASH PRIZE ALSO A PRIZE OF \$10 FOR NEAREST SOLUTION.

H.M.S. CORNWALL IN PORT; WELCOME BY THE MAYOR H. M. S. Cornwall arrived in port yesterday afternoon at 12:45 and anchored off Remy's Point.

The Best Cough Syrup is Easily Made at Home Costs Little and Acts Quickly, Money Refunded if it Fails.

This recipe makes 16 ounces of cough syrup, and saves you about \$2.00 as compared with ordinary cough remedies. It stops obstinate coughs—even whooping cough—in a hurry, and is splendid for sore lungs, asthma, croup, hoarseness and other throat troubles.

Criticising the Newspapers

HERE, that's just about as near as a newspaper gets to anything. The author-man's wife threw down the paper patently as she made that bromide criticism of the accuracy of newspapers.

Undoubtedly a great many things that one person quotes another as saying are said in just about that way, and yet we blame the newspapers because they do the same.

We object to the newspapers' inaccuracy in quoting. I have already pointed out how often we also are guilty.

MISSING GIRL HAD RUN AWAY TO WED THE MAN SHE LOVED

Silent Until Fortune Comes in New Land, Then a Letter and Forgiveness

Vienna, Oct. 29.—Two years ago a wealthy merchant informed the police that his daughter Henriette had suddenly disappeared. The girl was engaged to a manufacturer, and on the eve of the wedding declared that she was going out to make purchases. She did not return.

HUSBAND AND WIFE BOTH ELECTROCUTED

They Had Only Recently Returned After Honey-moon Trip

Minneapolis, Oct. 29.—Professor John Baptist Polzelli and his wife were electrocuted in their bed at Cheti, in the Abruzzi mountains, a few days ago.

Woman's Rights and Bad Bread

No woman has any right to offer her husband heavy, sour, pastry bread when she can avoid it by using White Swan Yeast Cakes.

STOMACH SICK, SOUR, UPSET AND FULL OF GAS? PAPER'S DIAPEPSIN

In Five Minutes! Time! All Indigestion, Heartburn and Dispepsia Gone and Your Stomach Feels Fine

Wonder what upset your stomach?—A little Diapepsin occasionally keeps the stomach regulated and they eat their favorite foods without fear.

AWAY WITH CATARRH A FILTHY DISEASE

A Safe Old-Fashioned Remedy Quickly Relieves All Distressing Symptoms

If you are subject to frequent colds, or if you have any of the distressing symptoms of catarrh, such as stuffed up feeling in the head, profuse discharge from the nose, sore in the nose, phlegm in the throat causing hawking and spitting, dull pain in the head or ringing in the ears, or chest with a little Ely's Cream Balm, and see how quickly you will get relief.

TO CURE A COLD IN ONE DAY Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure.

Important Announcement

A serious typographical error occurred on several of the Advertisements of Lowney's Cocoa which have appeared in this newspaper.

The Best Way to Make Cocoa

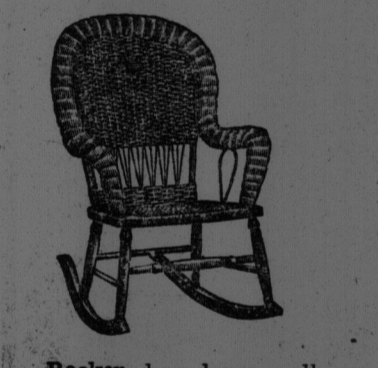
Mix two even tablespoonfuls of cocoa with two of sugar. Add 1/4 teaspoonful of salt. Mix gradually with two cups of boiling water.

WILLOW FURNITURE

always looks good in any room. They give a pleasing contrast against other furnishings that sets off your room very nicely.



A comfortable Rocker, brown or natural, \$3.90.



Reception Chair, \$4.20.

J. Marcus, 30 Dock St.

SHIPPING

ALMANAC FOR ST. JOHN, OCT. 29. High Tide... 1:12 Low Tide... 6:12 Sun Rise... 7:04 Sun Sets... 6:12

TESTIMONY OF FIVE WOMEN

Proves That Lydia E. Pinkham's Vegetable Compound is Reliable. Readville, Ore.—"I can truly recommend Lydia E. Pinkham's Vegetable Compound to all women who are suffering through the Change of Life, as it made me a well woman after suffering three years."

GRANDMOTHERS USED SAGE TEA

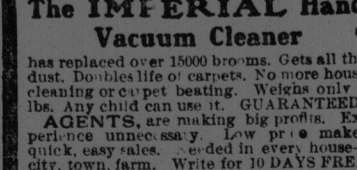
To Darken the Hair and Restore Gray and Faded Hair to Its Natural Color

It is easier to preserve the color of the hair than to restore it, although it is possible to do both. Our grandmothers understood the secret. They made a "sage tea," and their dark, glossy hair long after middle life was due to this fact.

ASSOCIATED CHARITIES

The subjects of great importance will be discussed at the annual meeting of the Associated Charities on Thursday evening in the board of trade building.

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



The Imperial Hand Vacuum Cleaner has replaced over 1500 brooms. Get all the dust, dirt and lint out of your home.