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April 15, 1913
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Key Book by Mail, 25c Extra for Postage

Little Beauty Chats
By BLANCHE BEACON

Making The Shoulders Fat

IT is such a pity that the thin girl cannot walk into the first beauty shop she sees and march off boldly with a pair of plump, be-dimpled shoulders, as in this way she would be saved a large amount of remedial work—of course, assuming that she will not be content to go on indefinitely with bony shoulders.

Since she cannot do this, it would be the height of wisdom to begin beautifying her shoulders without delay, for soon will come the season to wear flimsy low-cut summer afternoon and evening frocks.

The thing for this forlorn maiden to do is to massage such quantities of fattening oils into her thin shoulders that they will have to plumpen, willy-nilly. If she dislikes the very thought of oil, as a great many people do, then I suggest that she use the following tissue-building cream, as it will eventually be the means of giving this maiden-all-discouraged sooty rounded shoulders.



TISSUE-BUILDING CREAM.
White wax 1 ounce
Spermaceti 1 ounce
Almond oil 4 ounces
Prepared lard 3 ounces
Water 5 drops
Oils of rose 5 drops
Oil of bergamot 5 drops

Prepare in the usual manner, putting the fats and oils together and heating until they mingle smoothly, then adding the water, drop by drop, heating mixture slowly. At the last add the fragrant oils, then beat cream until it firms.

This cream must be forced into the flesh, and this end is accomplished by striking the skin delicately with a rotary movement of the fingertips. Continue kneading and rubbing for twenty minutes, then call a halt and cover the shoulders, back and front, with cloths saturated with ice-cold water, pressing them firmly.

When this treatment is persisted in, the shoulders will gradually acquire curves and dimples.

Daily Hints For the Cook

FROSTED FRUIT.
Dip bunches of currants into the frothed white of eggs, mixed with just a little cold water. Drain them until nearly dry and roll in pulverized sugar. Roll in the sugar and lay them upon white paper to dry. Plums, grapes and peaches are very nice frosted in the same way.

CASSEROLE ROAST.
Three or four pounds of round or rump beef, 14 each of a carrot, a turnip, an onion and a head of celery, cut into small pieces. A few peppercorns. Fry out a slice of salt pork. Brown the meat on both sides in the fat. Put in a casserole with the vegetables around it, add two cupfuls

of water or stock. Cover and cook in a hot oven three hours, basting occasionally. A sauce or gravy can be made with water, flour and some of the juice left in the casserole.

THE GRADUATE NURSES.
The annual meeting of the St. John Graduate Nurses' Society took place last evening in the private hospital. The officers for the ensuing year were selected as follows: President, Miss Hegan; first vice, Miss Robinson; second vice, Miss Murdoch; recording secretary, Miss Fraser; corresponding secretary, Miss Holt; treasurer, Miss Mitchell; executive, Mrs. Malcolm, Miss Mitchell, and Mrs. Armstrong.

Deck benches that have been installed on the steamer of one trans-Atlantic line can be converted into life rafts to carry six persons by raising lower portions to sides in the fat. Put in a casserole with the vegetables around it, add two cupfuls

Is Health Only a Game of Chance?

If you are accustomed to look on health as a gamble you will probably prove a loser early in the game. Some may hold on to health and live for considerable time and defy the laws of nature, but there are many rules of the game which are conducive to health and long life.

Take nervous diseases, for example. There are many symptoms to warn one of the approach of nervous exhaustion long before there is danger of locomotor ataxia or some dreadful form of paralysis. But they seem such little things that their danger signal is not taken notice of.

Sleeplessness, headache, indigestion, irritability, loss of vigor and energy, discouragement and despondency, all point to low vitality and exhausted nerves.

Dr. Chase's Nerve Food has been wonderfully successful in the cure of nervous diseases of a serious nature such as prostration, locomotor ataxia and partial paralysis, but persistent treatment and considerable patience are necessary.

On this account we prefer to think of Dr. Chase's Nerve Food as a preventive treatment, which overcomes these symptoms by rebuilding the feeble, wasted nerve cells and restoring vigor to mind and body.

Dr. Chase's Nerve Food

50 cents a box, 6 for \$2.50, at all dealers, or Edmondson, Bates & Co., Limited, Toronto.

The tips "outwear" the gloves

"The Kayser" SILK Glove

Three generations of American Women have set their "stamp of approval" upon "KAYSER" Gloves—and, for over a quarter of a century "KAYSER" Gloves have maintained their supremacy in the glove world.

"KAYSER" Gloves are the result of a lifetime spent in Silk Glove making—in striving for the attainment of that superlative degree of excellence that makes the "KAYSER" Glove the standard, by which all other Silk Gloves are measured.

There is no excuse for accepting the "just as good" kind—"KAYSER" Gloves "cost no more" and carry with them assurance of quality and reliability.

There's a way to tell the genuine—"look in the hem." If you find the name "KAYSER" you have the glove that "don't wear out" at the finger "tips."

A guarantee ticket in every pair.

PERRIN FRERES & CIE
(WHOLESALE)
Sole Distributors for Canada
MONTREAL CANADA

For Solid Comfort

For Style And Durability

For Moderate Prices

Our Stock of Easy Chairs is Unparalleled in St. John. Above Rooker in Comfort. Cloth Upholstering. Splendidly Upholstered. With Oil Tempered Steel Springs. Price \$11.70.

See it in Our Show Window.

A. Ernest Everett
91 Charlotte Street

SHIPPING

ALMANAC FOR ST. JOHN, APRIL 15.

A.M. P.M.
High Tide 6.08 Low Tide 12.29
Sun Rises 5.44 Sun Sets 7.04

Time used is Atlantic standard.

PORT OF ST. JOHN.

Arrived Yesterday.

Star Montfort, 4,128, Davidson, London and Antwerp, C.P.R. pass and gen cargo.

Sailed Yesterday.

Schr Wanda, Ward, New York.
Schr Orizimbo, Spragg, Pawtucket.
Schr Seguin, Cole, New York.

CANADIAN PORTS.

Quebec, April 14—Arr, star Wacousta, Olsen, Sydney (N.S.).

BRITISH PORTS.

Liverpool, April 14—Arr, star Tunisian, St. John.

Kinsale, April 14—Passed, star Manchester Engineer, St. John.

FOREIGN PORTS.

New York, April 14—Arr, star Ravon, Amberst (N.S.); schr Oliver Ames, Calais (Me).

New London, April 14—Arr, schrs Harry W. Lewis, New York; William Jones, Elizabethport.

Vineyard Haven, Mass, April 14—Sld, schrs Beatrice L. Corkum, Gladys E. Whilden, Wm D. May, New York; Donna J. Briggs, Port Chester (N.Y.); Kolon, New York.

IMPORTS

Local imports per star Letitia from Glasgow: H. O. Olive, 1 c ink; R. Sullivan, 140 c liquor; Order, 115 c whiskey; Comau & Sheehan, 150 c whiskey, 3 bbls liquor; Royal Hotel, 20 c whiskey; Order, 50 bags peas; H. H. Schaeffer, 90 bbls p. stock; T. McAvity & Sons, 25 tons pig iron, 1 c hardware, 10,000 fire bricks, 1 c lead pipe bends, 2 c gal wire; C. H. Peters, 33,000 l. bricks, 75 bags clay; Foster Co, 180 c whiskey, 20 bbls whiskey; Scovill Bros, 1 c rubber coats; A. O. Skinner, 20 rolls, 7 c. linoleum; F. Pales, 284 lbs. Order, 50 bbls cream salt; J. Bradley, 155 c, 5 bbls whiskey; Order, 5 cks whiskey; Order, 30 c pickles; Order, 1 c lead pipe bends; Order, 30 c tanners' extract; Order, 140 c mds; Order, 33 c whiskey; St. John Iron Works, 85 steel plates; Order, 200 c whiskey; Canadian Express, 6 boxes; C.P.R., 907 pgs; M.R.A. Lid, 28 pgs; Dominion Express, 12 c; Robert Kays, 2.25 bags coal; A. G. Roberts, Kays fertilizer; John Seely, 1 bale Co.; W. H. Thorne, 1 c nets; Order, 180 c whiskey; J. Hunter White, 250 pipes.

NOONIGHT ROUND UP IN CHICAGO

Illinois Vice Committee's Visit Makes Sensation

NO "ART" IN THE CABARET

Girls of 15 and 16 Found Drinking in Cafes and Listening to Questionable Songs—Prayers, Tears and Bills, When Police Came

Agents of the Illinois vice committee late on Friday night and early Saturday brought consternation to the fashionable guests of two downtown restaurants in Chicago—Rector and the States—against whose reputations there rested no question except the nature of their cabaret entertainments.

From these cafes only the managers and members of the cabaret show were summoned. They were questioned by the vice commission as to "smut" songs which are alleged features of cabarets.

From the tenderloin men and women sightseers out "slumming" were gathered and brought before the commission. One woman in hysterical fear of disgrace tried to jump from a window. Another fell on her knees and wept. A man jammed a roll of bills into the hands of a policeman. "Take this for God's sake," he said "and let my pretty go. You don't know what this means." Policemen kept the rushing mob, some weeping, some laughing hysterically, from the doors and soon restored order. Then they were bundled into automobiles and taken down town.

From some of them the sanitators drew reluctant admissions that a few of the songs and dances "might be" suggestive and "perhaps" had a bad effect on the diners.

A girl singer, asserted she never would sing "In My Haven," a song about which Lieut. Coy. O'Hara was particularly inquisitive. The manager of a well known restaurant said the restaurant business had degenerated into a raffle show and he did not know when it would stop.

After investigations and members of a "slumming" party said they had heard an improper song in a place on 21st street the commission voted to recommend to Mayor Harrison that the cafe's license be revoked and will call the attention of the state's attorney to the testimony of the manager, who said nothing indecent went on.

Senator Beall said he saw girls not more than fifteen or sixteen years, using mixed drinks in the cafe and some of them were more or less intoxicated. Mrs. Maud Joseph described the singing and dancing at a downtown restaurant. She said one dance the performer "might just as well have been without clothes." Another dancer wore pink tights and a skirt of black chiffon. She thought the dance was suggestive, judging from the remarks of male diners. She said two people did a fancy dance, a combination between the "fanny" and the "apache."

"Was it art or suggestion?" asked the lieutenant-governor.

"There was no art in it."

Mrs. Joseph said such a dance might not have any effect upon young women, but she would not want to risk it. The performers then led a free-for-all dance.

"There was one girl about fifteen, who danced a peculiar kind of dance for public exhibition," she said. "Her partner held her at arm's length and at intervals would suddenly embrace her. No there was not any art in it."

The professionals who led this free for all dance said they had tried to eliminate anything which might appear sensual in their act, but admitted they might not have been entirely successful.

"Don't you think that where you see art others might see vice?" asked Mr. O'Hara.

"If I guess it appeals differently, but I don't see anything obscene about it."

A. B. Stinson, manager of another downtown restaurant, asserted the business had drifted into a show, but he was compelled to put up a first-class cabaret to get the trade. He was of the opinion that some popular songs had gone too far and said he did not allow "In My Haven" to be sung in his restaurant. He said guests did the "bear" dance in the aisles between tables, but they never got on "raw."

"The manager of the restaurant said there was nothing out of the way in the song 'All Night Long'."

"It's all the way you sing it," she said. "Some people are so weak-minded they will take up anything." At two o'clock Saturday morning the hearing adjourned until ten o'clock.

For Clean Sanitary

SINKS

free from Grease and Scum use

Old Dutch Cleanser

Home Dyeing

Is the way to Save Money and Dress Well. It's Clean and as Simple as "A.B.C." if you use

DY-O-LA

The Celebrated "ONE DYE FOR ALL" Kinds of Goods. Mistake are Impossible. Don't fail to send for Color Card and Booklets.

The Johnson-Richardson Co. Limited, Montreal.

USE THE WANT AD. WAY

ROYAL BAKING POWDER
Absolutely Pure
The Only Baking Powder Made from Royal Grape Cream of Tartar.

Safeguards the food against alum

Chemists' tests have shown that a part of the alum from biscuit made with an alum baking powder passes into the stomach, and that digestion is retarded thereby.

Read the label and make sure that your baking powder is not made from alum.

MONTREAL SISTERS TO FOLLOW EXAMPLE OF FATHER DAMIAN

All Volunteer and Four Are Chosen For Work Among The Lepers

Montreal, April 15—Four Catholic sisters will leave Outramont at an early date to give the remainder of their lives to service in the leper settlement on Skeeklung Island, close to Canton, China. Here there are 1,200 lepers, men, women and children, some as young as ten years. Many of the sufferers are in an unsightly condition through the ravages of the awful disease.

The four volunteers belong to the Sisterhood of the Immaculate Conception. As a matter of fact, the whole fifteen members of the sisterhood offered to go, but only four will be chosen. The sisterhood was formed for those who wished to volunteer for the foreign mission work of the Catholic church.

The four volunteers to the leper settlement, of course, can never return.

FORMER NEW BRUNSWICKER

Bliss A. Triton, of the Triton Wood Co., which suffered heavily in the fire in Mechie, B. C., last week, is well known in Moncton and vicinity. He is a brother of A. E. Triton, of Salisbury, and also of Mrs. W. A. McDougall, of Moncton. Mr. Triton is a Coverdale, A. Co. boy, and has been in the west some fifteen years or more. His firm, it is understood, carried on business in several towns in British Columbia and suffered in the big Fernie, B. C., conflagration some years ago.

Don't Hurt Your Baby's Feelings

by giving her a ride in one of those awful stiff-back, hard riding carriages when at the same price you can buy one of our Famous Spring Bed Carriages or Go-Carts

A Few Of The Large Line We Carry

Full size Folding Go-Cart. Nothing cheap about it but the price is \$4.95

Most Luxurious Carriage. Large and roomy. \$13.50

Full Collapsible Go-Cart, nicely finished in black, blue, brown \$9.45

The Most Comfortable and Easy Running Carriage on The Market.

J. MARCUS, 30 Dock Street Store Open Evening

SERVANT GIRL MATTER IS DISCUSSED AT MEETING HERE

Thomas Howell, commissioner of emigration and colonization for the Canadian Northern Railway, and Mrs. Burlington-Ham, ship's matron on the Royal George, addressed a meeting in the King's Daughters' Guild yesterday afternoon, dealing with some of the problems of girls who emigrate to enter domestic service. Mr. Howell recommended the establishment of a residential club for such girls and told of the efforts his company made to look after the girls while they were in their care, the appointment of ship's matrons for the purpose being an illustration.

Mrs. Burlington-Ham followed and answered questions regarding her work. A committee consisting of Mrs. W. E. McIntyre, Mrs. J. P. Bullock, Mrs. R. A. Armstrong, Mrs. Margaret Parks and Mrs. James Ross was appointed to confer with the King's Daughters and the Girls' Association regarding the establishment of such a club as had been suggested.

New York has thirteen Yiddish papers, three of them dailies.

CEDAR HILL COMPANY.

The lot holders of Cedar Hill Cemetery met last evening in the Orange Hall, Fairville, and received the charter recently granted by the legislature. A. J. Gregory presided and there was a large attendance. The directors were elected as follows: L. H. Thorne, A. J. Gregory, O. D. Hanson, W. E. Brown, C. T. Jones and Frederick McIntyre. The directors will meet again to elect officers.

From Liverpool American apples are re-exported, sometimes to distant South Africa.

BY ROYAL APPOINTMENT

Apollinaris
"THE QUEEN OF TABLE WATERS"

Supplied Under Royal Warrant of Appointment to

HIS MAJESTY KING GEORGE V.