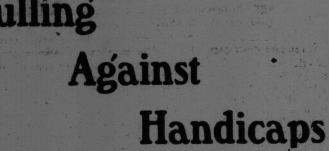
MC 2035 POOR DOCUMENT





The average man has about all he can do to get ahead without bucking the setbacks to mind and body from

Tea and Coffee Drinking

Tea and coffee are not foods. Anything not a food which is taken into the system makes the eliminative processes work overtime to throw it off. Often the unprofitable thing, when taken regularly, accumulates faster than it can be eliminated, and becomes a destroyer.

Besides, tea and coffee contain caffeine, a subtle, poisonous drug-from $1\frac{1}{2}$ to 3 grains to the cup. It is well known that caffeine frequently causes heart trouble, nervousness, sleeplessness and biliousness-serious handicaps to progress and comfort.

If something is hindering your efforts, try the simple test of leaving off tea and coffee ten days and using Postum.

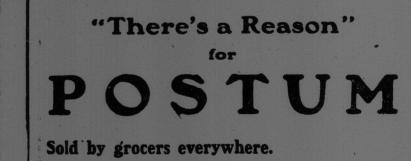
If after a few days you begin to feel better-sleep well, nerves steady up and brain gets clear, you will know how to avoid that kind of trouble.

Postum, made only of prime wheat and a small per cent. of New Orleans molasses, is a pure food-drink-wholesome, nourishing and delicious. It is absolutely free from caffeine or any other drug.

Postum now comes in two forms.

Regular Postum-must be well boiled too bring out its delightful flavour and food value.

Instant Postum-(the new form) is a soluble powder. A teaspoonful stirred in a cup of hot water makes a delicious beverage instantly. Add sugar and cream to taste.



John via Halifaz.
 John via Halifaz.
 John via Halifaz.
 John via Sjüd Dec 2-Str Jeseric, St John via Sjüd Dec 2-Ard, str Ascania, Montrast.
 FORRIGN PORTS.
 New London, Déc 2-Ard, sch W N Vavicker, Nova Scotia ports (towed in for repairs.)
 We York, Dec 2-Sid, str Clothilds Cunco, St John.
 Vineyard Haven, Dec 2-Ard, schn for repairs.)
 Vineyard Haven, Dec 2, sch W N Vavicker, Nova Scotia ports (towed in for repairs.)
 Vineyard Haven-Ard Dec 2, sch W N Vineyard Haven-Ard Dec 1, sch Effie M Morrissey, Baster, Digby (NS), for Gloucester; Harry Miller, Mosher, Kerr, Port Greville for Boston; Doace, Kerr, Port Greville for Boston; Charles K Brechort for Boston.
 Cli Ist, sch Nerg, Bear River (NS); Flora M, Weymouth (NS).
 Pensacola, Fla, Dec 8-Ard, sch Di St John (NS); tes Oakes Ames, South Gardiner, Maine.
 Vineyard Haven, Dec 8-Ard, sch Dorn Maton (NS); tes Oakes Ames, South Gardiner, Maine.
 Vineyard Haven, Dec 8-Ard, sch Biern New York, Dec 8-Ard, sch Biorn Walton (NS); seh Oakes Ames, South Gardiner, Maine.
 Vineyard Haven, Dec 8-Ard, sch Biorn New York, Dec 8-Sid, schs Empress St. John (NB); Rewa, do; Winnifred, Haifasz, John Paul, Calais.
 MARINE NOTES.
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Schooners Not Cleared.

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MARINE NOTES.Schooners Not Cleared.The Donaldson liner Cassandra will
steam for Glasgow direct this afternoon
at 4 o'clock, with a large passenger list,
and it is expected that upwards of 450
people will take advantage of the op-
portunity to return home for the Christ-
mas season on the big Donaldson steam-
er.Annie M Parker, 398, R C Elkin.
Arthur M Gibson, 296, J W Smith.
Calabria, 451, J Splane, laid up.
Cora May, 117, N C Scott.
E M Roberts, 295, R C Elkin.
Elma, 299, A W Adams.
Hunter, 187, D J Purdy.
J Arthur Lord, 189, A W Adams.
Hunter, 187, D J Purdy.
J Arthur Lord, 189, A W Adams.
Hunter, 182, C M Kerrison.
Orozimbo, 121, A W Adams.
Priscilla, 117, A W Adams.
Sallie E Ludiam, 199, D J Purdy. New Zealand liner Jeseric steamed
New Zealand liner Jeseric steamed
New Zealand liner Jeseric steamed
STEAMERS BOUND FOR ST JOHN
Steara 2804, due Dec 10.
Jeseric, 3114, Newport, Dec 2.
Pomeranian, 2694, Havre, Nov 28.
Manchester Mariner, 2672, Manchester
Nov 22.
Bray Head, 1619, Ardrossan, Nov 25.
Saturnia, 5494, Glasgow, Nov 29.
Saturnia, 5494, Glasgow, Nov 29. STEAMERS BOUND FOR ST JOHN Manchester Port, 2662, Manchester, Nor nisian, 6798, Liverpool, Nov 26. curnia, 5494, Glasgow, Nov 29. nutfort, 4126, Antwerp, Nov 27. unchester Importer, 2588, Manche R. M. S. S. Tunisian of the Allan line due tonight at 8 o'clock. Allan liner Pomeranian is due this Rappab Nov 29. Rappahannock, 2490, London via Hall-fax (due today). Furness liner Kanawha steamed from ondon yesterday for this port via Hali-Deafness Cannot be Cured® ss liner Rappahannock was du v local applications, as they cannot reach seased no tion of the ear. There is only

Furness liner Rappahannock was due to leave Halifax at 6 p.m. yesterday for St. John with a London cargo. Cap-tain Hanks, who was on furlough, has resumed command of the Rappahan-nock this voyage. His holiday lost him the glory of rescuing the Volturno's passengers as well as sharing the tidy salvage earned on the eastward run from Halifax. The Rappahannock 'is ased to ti n of the car. There is only way to cure deafness, and that is by constitu remedies. Dearness is caused by an inf yourition of of the mucous lining of the Eu-ian Tu e. When this tube is followed you when it is enti eity closd, userness is the r and unless the inflammation can be taked and this tube or tored to its normal cond hear ng will be de troyed frever, mine cass of ten are caused by Calarth, which is no us an it harmed condition of the mucous with

This delicious pastime causes smiles by its refreshing flavor and brightens them by its splendid effects.

Every-clean-pure-healthful-stick improves teeth, gums, breath, appetite and digestion.

It's the least expensive remembrance to your wife or sweetheart.

It's the sure remover of tobacco and other odors before business calls or evening kisses.



from Halifax. The Rappahannock towed the South Point 1,000 miles from mid-ocean to Queenstown. The South Point, which was dam-aged in a collision in the Thames, met heavy weather in the Atlantic and de-veloped engine trouble. On November We will give One Hundred Dollars for any case of Deafness caused by eatarrh; that cannot be cured by mall's Catarrh Cure. Send for cir ulars, free. F. J. CHENEY & CO. Toledo O. Canadian Postum Cereal Co., Ltd., Windsor, Ont Sold by Druggists, 75c. Take Hall's Family Pills for constipation -• .