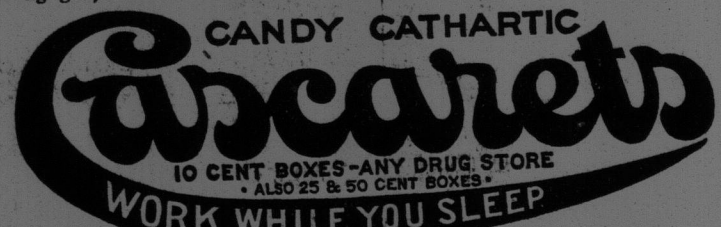


FOR CONSTIPATION, TORPID LIVER, HEADACHE, DYSPEPSIA--DIME A BOX

Turn the scales out--the headache, biliousness, indigestion, constipation, the sick, sour stomach and foul gases--turn them out tonight with Cascarets.

Don't put in another day of distress. Let Cascarets cleanse and sweeten your stomach; remove the sour, undigested and fermenting food and that misery-making gas; take the excess bile from your liver and carry off the decomposed waste matter and constipation poison from the bowels.

A Cascarets tablet will straighten you out by morning--a 10-cent box keeps your head clear, stomach sweet, liver and bowels regular and you feel bully for months. Don't forget the children--their little insides need a good, gentle cleansing, too.



SHIPPING

PORT OF ST. JOHN.
Arrived Yesterday.
Str. Manchester Corporation, 8,466, Foale, Manchester, Wm Thomson Co, gen cargo.
Str. Calvin Austin, 2,853, Mitchell, Boston via Maine ports, A E Fleming, gen cargo.
Cleared Yesterday.
Str. S S S Victoria, Williams, Liverpool, Wm Thomson Co, pass and gen cargo.
Str. Inghoven Head, Pickford, Dublin, Wm Thomson Co, gen cargo.
Str. Manchester Corporation, Linton, Manchester, Wm Thomson Co, gen cargo.

CANADIAN PORTS.
Halifax, Feb 18--Arr, str. Anita (Nor), Jamaica; Birma (Rus), Liban, Sid 18th, str. Canada, Portland (Mo), W Perry, Boston.
British Ports.
London, Feb 18--Arr, str. Kanawha, St John via Halifax.
Barbados, Feb 18--Arr, str. A F Davidson, Montreal.
Pastnet, Feb 18--Passed, str. Manchester Exchange, Adamson, St John (N), and Philadelphia for Manchester.
Brow Head, Feb 18--Passed, str. Rasmussen Head, Findlay, St John (N), for Belfast.
London, Feb 18--Arr, str. Ascania, Portland.
Liverpool, Feb 18--Sid, str. Virginian, St John.

FOREIGN PORTS.
Rio Janeiro, Feb 18--Arr, str. Sellata, Hatfield, from Buenos Ayres.
Boston, Feb 18--Arr, str. Pesquid, St John.
Gloucester, Mass, Feb 18--Arr, str. Charles C Lister, New York.
Hyannis, Mass, Feb 18--Arr, str. Francis Goodnow, Baltimore.
Gloucester, Mass, Feb 18--Sid, str. Kennebec, Calais (Me); Sarah and Lucy, do.
New York, Feb 18--Sid, str. Campana, Liverpool.
Las Palmas, Feb 18--Sid, str. Nancy Lee, Liverpool (N S) and Halifax.

MARINE NOTES.

Royal mail steamer Royal Edward was reported ahead Cape Race at 8 a. m. yesterday, due here today at 6.30 p. m.

The Manchester Importer steamed yesterday at 4 p. m. for Manchester direct, with 150,000 bushels of grain, 500 standard of deals, flour and general cargo. Furness liner Kanawha arrived at London on Monday.
Allan liner Corinthian, due this week from London and Havre, is bringing 81 cabin passengers and 80 third class.
The schooner Herald, Captain Ingalls, from St. John for Weymouth, N. S., is ashore near Weymouth light, St. Mary's Bay. R. C. Elkin, St. John is the agent.
The steamer Westport has been floated at Little River and continued on her trip to St. John.

IMPORTS.
Local imports from Manchester per str. Manchester Corporation--2 cs. 4 bales collars, Brock & Paterson; 28 cs. earthenware, W H Hayward & Co; 6 do, Rowlands & Marcellis; 15 pigs dry goods, M R A; 8 bales linoleum, John McDonald; 8 cs Cottons, etc, D W Newcombe; 25 cs Jams, P B Evans; 8 bales dress goods, Scovill Bros; 41 bales yarn; 1 cs hardware, W H Thorne & Co; 28 drums liquid coal tar salt.
For Moncton--10 bales, 182 bars steel, I C R.

VESSELS IN PORTS.
Steamers.
Cassandra, 5,321, Glasgow, Robt Reford Co, No 4.
Inghoven Head, 1,988, Dublin, Wm Thomson Co, No 1.
Manchester Corporation, 8,466, Manchester, Wm Thomson Co, No 5.
Shenandoah, 2,492, London, Wm Thomson Co, I C R.

Schooners Not Cleared.
Arthur M Gibson, 256, J W Smith, Calabria, 481, J Splane, laid up.
Cora May, 117, N C Scott.
Doane, 299, J E Moore.
Eskimo, 90, C M Kerrison.
E M Roberts, 295, R C Elkin.
Elma, 299, A W Adams.
Harry Miller, 241, J W Smith.
Hattie Barbour, 268, A W Adams.
H H Chamberlain, 203, A W Adams.
Hunter, 187, D J Furdie.
Isaiah K Stetson, 271, J W Smith.

SAVE YOUR HAIR! IF FALLING OUT OR DANDRUFF--25 CENT DANDERINE

Ladies! Men! Here's The Quick-est, Surest Dandruff Cure Known

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff--that awful scurf. There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die--then the hair falls out fast. A little Danderine tonight--anytime--will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any drug store or toilet counter, and after the first application your hair will take on that life, lustre and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance, an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair--new hair growing all over the scalp.

A MESSAGE TO THIN, WEAK, SCRAWNY FOLKS

An Easy Way to Gain 10 to 30 lbs of Solid, Healthy, Permanent Flesh

Thin, nervous, undeveloped men and women everywhere are heard to say: "I don't understand why I do not get fat. I eat plenty of good, nourishing food. The reason is just this: You cannot get fat, no matter how much you eat, unless your digestive organs assimilate the food. Making elements of your food instead of passing them out through the body as waste."

What is needed is a means of gently urging the assimilative functions of the stomach and intestines to absorb the oils and fats and then turn over to the blood, where they may reach the starved, shrunken, run-down, tissues and build them up. The thin person's body is like a dry sponge--eager and hungry for the fatty materials of which it is being deprived by the failure of the alimentary canal to take them from the food. The best way to overcome this painful waste of flesh building elements and to stop the leakage of fat is to use Sargol, the recently discovered regenerative force that is recommended so highly by physicians here and abroad. Take a little Sargol tablet with every meal and will refund your fat, no matter how much you eat, unless your digestive organs assimilate the food. Making elements of your food instead of passing them out through the body as waste."

Only the other day Mr. March, of 101 Delorimer Ave., Montreal, called upon the Zani-Buk Co. and told them that for over twenty-five years he had been a martyr to eczema. His hands were in a few months cured him. Today--over three years after his cure of a disease he had for twenty-five years--he is still cured, and has had no trace of any return of the eczema!

All drug stores sell Zani-Buk at 50c. You will send free trial box if you send this advertisement and a 1c stamp (to pay return postage). Address Zani-Buk Co., Toronto.

DANCE AND VAUDEVILLE IN PLACE OF THE SPEECH-MAKING

New York, Feb 18--The annual dinner of the Indiana Society and the Daughters of Indiana at the Hotel Astor tonight will be without a master and speeches. The gentlemen who hems and haws over the great honor and privilege of addressing the Hoosiers will be missing along with the person who is gratified "that we have with us tonight."

Horace Hord, secretary of the men's society, says that the Indiana want the honor of being the first state society to substitute dancing, auction bridge and vaudeville for long hours of dreary speechmaking.

"I believe we will be the first to replace oratory with the tango," says Hord. "After the 200 or more former residents of Indiana finish a \$8.50 dinner they will have several big rooms in the Astor at their disposal. There will be a room for dancing, a room for auction bridge, a room for vaudeville and a room for relieving thirst."

"If we can't have a real good time with this arrangement the officers of the society will be surprised. The old time dinner where people pay exorbitantly to stuff themselves and submit to the boredom of three hours of speechmaking is out of fashion. We Hoosiers are going to dance till daylight, and if anybody attempts to make a speech he will be shipped back to the banks of the Wabash."

THE LATE GEORGE PELLETIER.

Of the late George Pelletier the Moncton Transcript says: "The death of George Pelletier, a former well-known clerk in the I. C. R. car mileage department, but who retired from the service under the Provost Fund Act in December last, occurred on Sunday morning, Feb. 15, at his home in Shediac. Mr. Pelletier was about 71 years of age and was born in the province of Quebec. When he was a young man his parents removed to Madawaska. When a young man Mr. Pelletier clerked for a time in the branch dry goods store conducted in Moncton by Doherty & McTavish, of St. John. Later this firm opened a branch store in Shediac and Mr. Pelletier was transferred to that place. Eventually Mr. Pelletier bought out the Shediac store and continued the business until 1879, when he was burned out by the disastrous fire which swept the seaside town. Following this disaster, Mr. Pelletier went on the road for McCall Sheehan & Co., of Quebec, and remained with this firm until shortly after 1890, when he was appointed to a position in the I. C. R. service at Shediac. Some time after he was transferred from Shediac to the general offices at Moncton. His wife, two daughters and a son survive. One of the daughters, Mrs. McCluskey, resides in St. John, and another daughter is a Sister of Charity. The son, Frank, holds a position on a railway running out of Boston. The deceased is also survived by several brothers. One brother, Father Pelletier, was formerly located at St. Louis, Kent county, but is now believed to be living in Madawaska county. Another brother is a doctor, practising in the State of Maine, and a married sister resides in Tracadie.

Election Reform.
Ottawa, Feb. 18--On motion of A. K. MacLean, Liberal member from Halifax, the government yesterday named a committee of seven members to inquire into the laws relating to elections and electoral corruption with a view to making them more effective in checking corruption and graft and punishing bribery and fraud at elections.

Sample Mirrors and Pictures At Big Discounts to Clear

To make room for our spring assortment of Mirrors and Pictures, we are selling out complete line of samples for this week only

30 to 50 % Off

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Goods Stored Free Till Wanted

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Next To Consumption.

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Pneumonia is nothing more or less than what used to be called "Inflammation of the Lungs."

Consumption may be contracted from others, but as a rule pneumonia is caused by exposure to cold and wet, and there is only one way to prevent pneumonia, and that is to cure the cold on its first appearance.

Dr. Wood's Norway Pine Syrup will do this for you if you will only take it in time.

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Stomach Troubles Due to Acidity

SO SAYS EMINENT SPECIALIST

So-called stomach troubles, such as indigestion, wind, stomach-ache and inability to retain food, are in probably nine cases out of ten simply evidence that fermentation is taking place in the food contents of the stomach, causing the formation of gas and acids. Wind distends the stomach, and causes that full, oppressive feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the fermenting food. Such fermentation is unnatural, and acid formation is not only unnatural, but may involve most serious consequences if not corrected. To stop or prevent fermentation of the food contents of the stomach and to neutralize the acid and render it bland and harmless, a teaspoonful of bisaurated magnesia, probably the best and most effective corrector of acid stomach known, should be taken in a quarter glass of hot cold water immediately after eating, or whenever wind or acidity is felt. This stops the fermentation, prevents the acidity in a few moments. Fermentation, wind and acidity are dangerous and unnecessary. Stop them by the use of a proper antacid such as bisaurated magnesia, which can be obtained from any druggist and thus enable the stomach to do its work properly without being hindered by poisonous gas and dangerous acids--M. F. D.

Daily Hints For the Cook

Mutton Smothered in Tomatoes

One and a quarter pounds mutton steak, one bread crumb, one small onion, poultry seasoning to taste; salt, of course, and pepper; one can of tomatoes or one quart of fresh tomatoes cut in slices. Spread over the mutton steak a layer of bread crumbs mixed with chopped onion and other seasonings. Roll and tie into shape. Place in a casserole or other dish with a tight cover. Pour the tomatoes over the meat and cook very slowly in oven or on top of the stove for three or four hours. If the tomatoes do not cover meat add a little boiling water.

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Clear Brain and Steady Nerves Necessary

to hit the bull's eye, whether it's business or sport.

Overload yourself with rich, greasy foods and biliousness and indigestion are sure to follow. General result--upset nerves and damaged health.

It's the part of wisdom nowadays to use food especially selected for nourishment and that can be easily digested.

Try breakfasting for ten days on

Grape-Nuts and Cream

adding some fruit, a soft-boiled egg and a cup of hot Postum.

Grape-Nuts food, made of whole wheat and malted barley, contains all the nutrition of the grains, including the vital phosphates necessary for the balanced up-keep of body, brain and nerves.

Bounding health is worth many times the little care of arranging such a breakfast. Feed skilfully and you can "do things."

"There's a Reason"

Grocers everywhere sell Grape-Nuts.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

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