MC 2035 POOR DOCUMENT



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Tea and vs. POSTUM

Any analytical chemist can prove by analysis, that tea and coffee contain two harmful drugs-

Caffeine-an alkaloid that irritates the heart, liver and kidneys, and upsets the nerves.

Tanin-a drug which produces an astringent action upon the tissues of the stomach and bowels.

> But the greatest test of all is made in thous-ands of homes where it is daily proven by personal experience that headaches, bilious-ness, indigestion, heart irritation and nervous-ness are very often caused by tea or coffee drinking.

An ordinary cup of tea or coffee contains from $1\frac{1}{2}$ to 3 grains of caffeine, and from 2 to 7 grains of tannin.

Therefore, the simple, easy way out of tea and coffee troubles is to quit these harmful beverages and use the pure food-drink

It is absolutely free from these drugs or any harmful sub-stance. Made only from prime wheat (roasted) and a small per cent. of molasses, Postum contains the rich, nutritious val-ues of the grain—is a genuine food-drink.

Postum comes in two forms:

Regular Postum-must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder. A teaspoonful stirred in a cup of hot water, with cream and sugar, makes a delight-ful beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for POSTUM

-sold by grocers everywhere. *

Cut out this article, write cross it the name of this paper, and mail it to Peps Co., Toronto, or 52 Princess Street, Winnipeg, enclosing 1 cent stamp to pay for return post-age. A free trial packet of Peps will be mailed you by return. If you have a friend suffering from a cough, cold, or any throat or lung trouble, hand this on. THAT'S

minion Coal Company capsized north dock of the company's F pier yesterday afternoon. The was receiving some minor repair

De Micauville, P. Q., who married four sisters, and the husbands and wives are all living.
This week they held a family reunion at the home of Joseph Pansen, one of the city's big ice dealers. The parents, children and grandparents, with other members of the immediate families numbered 25. It was the first time these relatives had been together in eighteen years. The Jansen brothers were born in St. Ochristophe, and were years are bothers were born in St. Ochristophe, and were years are to the United States about the same time, but he settled in Epping, N. H., where he engaged in the brick-making business. He married Elaise Blais and they have two children, Henri Jansen two children, Henri Jansen two children, Henri Jansen two children, Henri Jansen in Canada, St. Bernard De Michauville, in Hamilton county, Ontario, Albert Jansen lives on the father's otharm in Canada, St. Bernard De Michauville, in Hamilton county, Ontario, Michauville, in Hamilton county, Ontario, Where the Jansens moved from St. Denis Blais, but they have no children.
ALMANAC FOR ST JOHN, FEB 12.
ALMANAC FOR ST JOHN, FEB 12.

ALMANAC FOR ST JOHN, FEB 12. A.M. P.M. High Tide.... 0.24 Low Tide 7.05 Sun Rises.... 7.35 Sun Sets 5.42 Time -used is Atlantic standard. Its Virus Forever Destroyed

EVERY CASE IS CURABLE PORT OF ST JOHN.

Good-bye to Rheumatism! Your aching joints, your stiff, sore muscles, those sleepless nights and suf-fering days—good-bye forever—your day Arrived Yesterday.

Good-bye to Rheumatism 1Your acking joints, your stiff, soreStr Cassandra, 5221, Brown, Glasgow,
Robert Reford Co, pass and gen cargo.
Str Chaleur, 2994, Hill, West Indies,
wm Thomson Co., mails, pass and gen-
eral cargo.Good-bye to Rheumatism 1
Your aching joints, your stiff, sore
nuscles, those sleepless nights and suf-
fering days—good-bye forever—your day
is gone.Cleared Yesterday.
R M S S Teutonic, James, Liver-
pool, Wm Thomson Co, pass and gen-
eral cargo.Sufferer, cheer up, and read the good
news below.
"A man met me a month ago, and
said, 'don't stay crippled, quit complain-
ing, limber up.' My answer was, 'Tm
heumatic, I can't help it' He looked
me over in a pitying sort of way and
told me to go to the nearest drug store
for Nerviline and Ferrozone. The com-
bination had cured him. I was con-
vinced of his sincerity and followed his
instructions. I rubbed on Nerviline
three times every day—rubbed it right
into my aching joints. The pain quick-
ly lessened, and I became more limber
and active. To draw the virus of the
disease from my blood I took two Fer-
rozone Tablets with every meal. I am
well today, not an ache, not a pain and
no sign of stiffness at all."
What Nerviline can do in a case like
this it can do for you too. For nearly
forty years Nerviline has been recom-
mended for Rheumatism, Lumbago and
Sciatica and Lame Back. It is the one
remedy that never disappoints.

Steamer, 1,200 standards deals, Bay of Fundy to the United Kingdom, 38s 9d, April-May; schooner, 350,000 feet lum-ber, Bay Chaleur to New York, \$5.25. Is the Bishop of London's Excuse for Declining to Become a Benedict

MARINE NOTES. Bengore Head left Ardrossan yester-day for St. John via Halifax to load for Belfast. The Head boat has 500 aware the public preferred married





J. Marcus - 30 Dock St.

you see the unless name -"WRIGLEY'S" and this spear:

> WRIGLEY'S SPEARMIN

Tell your children-your friendsalways to look for these two things or they will get one of the vile mixtures wrapped to resemble the delicious genuine. These are being offered (even from wagons) at any price.

> So for your own protection be sure it's the cleanpure — healthful WRIGLEY'S Made in Canada Wm. Wrigley Jr. Co., Ltd. 7 Scott St., Toronto, Ont.

> > LAVOR

ASTS

Look for the spear

BUY IT BY THE BOX

tons of maize for the Nova Scotia port, and 700 tons for St. John. A coal bunkering barge of the Do-Benedict. Canadian Postum Cereal Co., Ltd., Windsor, Ont. of twenty packages. It costs less - of any dealer-and stays fresh until used. 78 . Contraction is