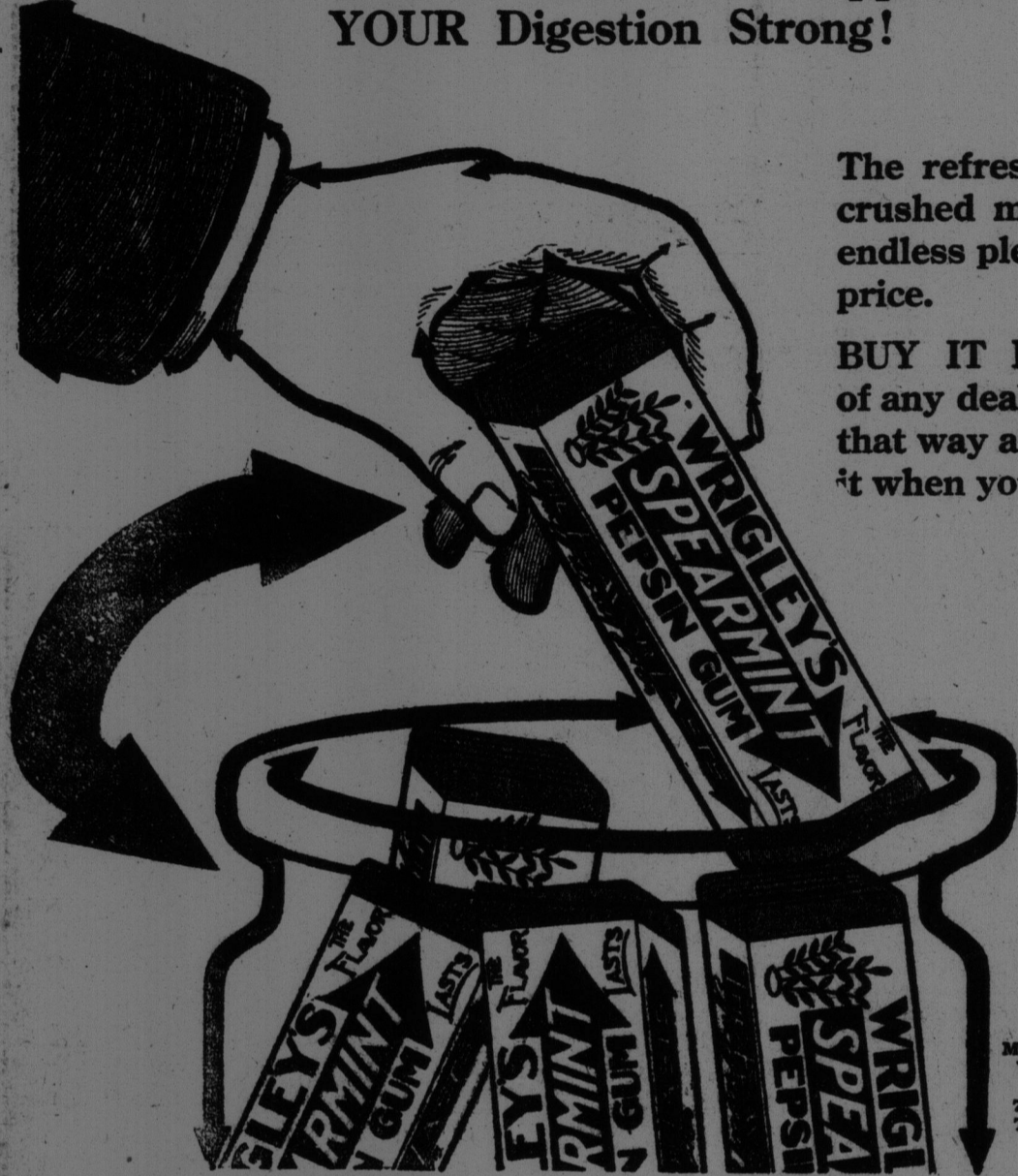


# The Familiar Confection

Will Make YOUR Teeth Bright—YOUR Breath Pure—YOUR Appetite Good—YOUR Digestion Strong!



The refreshing juice of the crushed mint leaves is an endless pleasure for a little price. BUY IT BY THE BOX — of any dealer. It costs less that way and you will have it when you want it.

Look for the Spear The Flavor Lasts

Made in Canada  
Wm. Wrigley  
Jr. Co., Ltd.  
7 Scott Street,  
Toronto, Ont.

## "Perchance We May Remember"

By RUTH CAMERON

A WOMAN came home from a shopping expedition to a house full of work, dog tired. "It seems as if I simply must lie down and rest two or three hours," she said wearily. "How can I?" asked her neighbor. "Look at all I've got to do before dinner. I never ought to have gone off and left my work, but I felt as if I must take advantage of that sale." "Well, lie down and rest ten minutes," said the neighbor. "I can't spare ten minutes," said the woman doggedly, and she donned her apron and went wearily to work. "Whereby she proved that, like most women, she was ignorant of the tremendous interest which a small investment in relaxation at just the right moment will pay. The value of little rests and relaxations is something the average woman does not seem to understand. If she cannot rest an hour or two, she will not rest at all. She looks out and sees that it is a beautiful morning and feels that she would like to go off for an outing, but it never occurs to her that half an hour's walk would freshen her up and make life much more livable. If you finish some task and find that you are tired out, before you face the next, throw yourself on the couch and absolutely relax for ten or fifteen minutes. You will not lose those minutes; on the contrary, you will get them back with interest in your greater facility. If you have brain work to do and your brain is confused or excited, lay your task aside, and pick up some "easy" book, and read for fifteen minutes or a half hour. If you come home from some expedition tired out and have work awaiting you, spend five minutes bathing your face in hot water and ten minutes just relaxing, then drink a little warm milk, or eat some other simple lunch, and see how different the world looks. Five minutes' complete rest before eating when you are very tired will double the nutritive value of your meal. You have probably heard of the new science of scientific management which aims to so improve working conditions that a much larger output per man will be possible. An experiment was made with a man who was leading pig iron. He was offered large wages to do a certain task. But he was not left to himself to do it. If he had been, the investigator points out, "he would have kept so steadily at his work that his muscles would not have had the proper periods of rest, and he would have been completely exhausted early in the day." To prevent this, a man who understood the law of rest stood over him and told him when to work and when to rest. As a result of this schedule the man loaded 47 tons a day as against 12 1/2 under the old system—a gain of approximately 400 per cent. This is one example of the value of little rests at the right moment. Verbum sat signat.

## La MARQUISE de FONTENOY

The Subject of the Duel Reviewed by Recent Discussion in German Reichstag

In the Reichstag the other day, during an angry discussion on the subject of duelling and attacks on the emperor in connection therewith, a socialist deputy made a remark to the effect that if a prince were shot, there would promptly come an imperial order to stop duelling. This conveys the impression that no prince has ever been killed in a duel, which is by no means the case, as the following paragraphic quotations from the Kaiser's memoirs will show. One of the members of the well-known house of Wedel, for so long connected with the royal family of Hanover, on following the blind king of that country to Vienna, had the misfortune to become involved in the latter city, through no fault of his own, in a duel with one of his master's favorite nephews, a particularly quarrelsome young man, Prince Solms, and to wound him fatally in the encounter. Although Count Wedel was in no way to blame, yet he was forced to leave the employ of the king, all his previous devotion going for nothing, and to expatriate himself.

proceedings, and obtained a verdict of 100,000 francs damages. Although French duellists are especially anxious to avoid homicide, it is thoroughly understood that honor cannot be satisfied without the shedding of an appreciable amount of gore. To meet this requirement, a socialized deputy made that the attendant surgeons who form an important part of every hostile meeting, have been known to carry a small bottle of blood, or fluid of a similar color, in their pockets, to suggest the apparent seriousness of any scratch that did not penetrate the skin deep enough to produce a responsible flow. It will be remembered that Napoleon I. had not a very high opinion of the courage of duellists. He remarked that many of those who were the greatest sword-bucklers, and the most ready to provoke others to single combats, appeared to be incapable of the steady and sustained bravery that carry an officer creditably through a campaign. It is a curious thing, too, that the country above all others, famous for its boldness and reckless daring of its people, was the first of all those in Europe to abandon the fashion. The solemn formalities and suffer such other penalty as a general court-martial may award." This article is still in force.

## "Usin' Tiz Gramma?"

Yes, Harold, It Makes Grandma's Feet Feel Just Like Yours, Free From Tiredness, Aches and Corns!

"Your papa and mamma, your grandpa and your grandma all use TIZ. Harold, And you'll use it, too, when you get to be a man. Then your feet will never hurt, or get tired. That's why we all use TIZ."



Most of us get old, feet first. The bunions get stale, more wearisome and painful. Corns get harder and more stubborn as the feet become more tender. At a time when old people need their feet most, they can use them less—unless they use TIZ. If you have never used TIZ before, your first use of it will bring back some of your girlhood days. TIZ will make your feet feel young, strong and vigorous. They'll never be tender, never chafe or ache, never get blistered or swollen, and your corns, bunions and callouses will be no more. Nothing will do it or can do it like TIZ. Don't experiment with other things; other people have done that for you and they are all now using TIZ. TIZ acts on a new principle—draws out all the poisonous excretions that make foot troubles. TIZ, 25 cents a box, sold everywhere, or sent direct, on receipt of price, by Walter Lohber Dodge & Co., Windsor, Ont. Recommended by all Drug Stores, widow instituted, not criminal, but civil

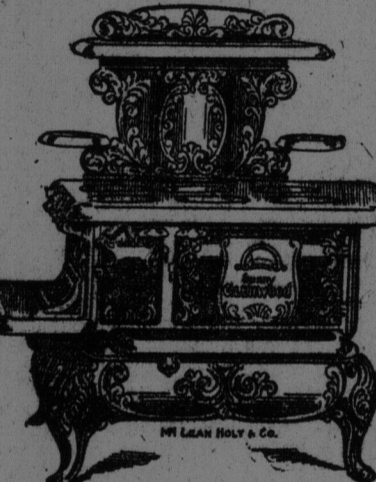
## Daily Hints For the Cook

**DELMONICO PUDDING.**  
Quart milk, tablespoon cornstarch dissolved in cold milk; yolks of five eggs well beaten, six tablespoons sugar. Boil five minutes, then pour into pudding dish and bake one hour; beat the whites of six eggs with sugar and flavor with extract of lemon; return to the oven and brown.

**YORKSHIRE MUFFINS.**  
Six into two cups of sifted flour a pinch of salt, three well-beaten eggs and two scant cups of milk—beating with an egg beater until the batter is full of bubbles. Half an hour before the roast of beef is to be served pour a little of the dripping from the meat into a hot shallow pan, containing a number of hot greased muffin rings and fill with the Yorkshire batter. Serve when nicely browned as a border to the roast.

**SOUP MILK GRIDDLE CAKES.**  
Two cups of flour, one teaspoonful of salt, two tablespoonfuls of sugar, one teaspoonful of soda, two cups of sour milk and two eggs. Mix in the order given beat well. Heat a griddle; when hissing hot, grease with a piece of salt pork on end of fork. Drop a tablespoonful of batter from tip to end of spoon on hot griddle. When full of bubbles turn, when cooked on both sides serve on hot plate. If the sour milk is very rich, the eggs may be omitted.

**ST. JOHN MAN.**  
Fredericton Mail: Phylo Dodds, who has been operator at the local Western Union Telegraph office for upwards of a year, left yesterday for Halifax, having been transferred to that city. He is succeeded here by James Began of St. John, lately operator at New Glasgow and Truro.



As a fact that cannot be disputed that "a penny saved is a penny earned" — When you want to save money in your purchases of

## Men's Furnishing

this is the place you will find the highest quality AT THE LOWEST PRICES.

- Men's Outing Shirts - 50c to \$1.50
- Men's Underwear - 70c a Suit
- 2 Pr. Men's 1-2 Hose for - 25c
- Men's Suits, regular \$13.00, for \$10
- Men's Pants, regular \$3.75, for \$2.85
- Collars, Ties, Braces, Caps.

**CORBET'S, 196 Union St.**

## THE SUNNY GLENWOOD

Is the Range for the June Bride. Those who are starting housekeeping in June, should come and see the Celebrated Sunny Glenwood before selecting your new range. Come and have us show you the sectional top which prevents warping, the removable nickel, which is held on with a patent spring, the divided oven bottom, which prevents the oven from warping or cracking, the convenient cleanout for the oven together with many other modern improvements which help to make cooking easy.

We also carry a complete stock of Kitchen Utensils, and Summer specialties, and we can furnish your kitchen complete

**McLEAN, HOLT & CO.,**  
155 UNION STREET ST. JOHN, N. B.  
Write or call for our latest Glenwood catalogue.

## REFRIGERATORS

Our New Addition!  
We have added to our already extensive stock of Home Furnishings an excellent and economic line of Refrigerators in different styles, sizes and finish. Prices Range From \$8.00 up. Be Sure to See Our Line Before You Decide Upon Your Refrigerator.

We carry a large and up-to-date line of Home Furnishings. Come To Us For Your Selections.

**J. MARCUS - 30 Dock St.**

## SHIPPING

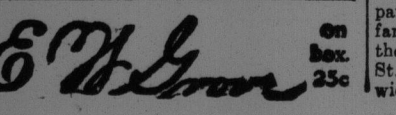
**ALMANAC FOR ST. JOHN, MAY 23.**  
A.M. High Tide ..... 4.54 Low Tide ..... 11.32  
Sun Rises ..... 4.42 Sun Sets ..... 7.40  
The time used is Atlantic standard.  
**PORT OF ST. JOHN.**  
Arrived Yesterday.  
Stmr Oceano, 1,228, Coffin, from West Indies via Halifax, Wm Thomson & Co.  
**CANADIAN PORTS.**  
Montreal, May 22—Arr stmr Granman and Saturnia, from Glasgow; Manchester Shipper, from Manchester.  
Stid—Stmr Ukonka, for London; Montcalm, for Bristol.  
Quebec, May 22—Arr stmr Royal George, from Bristol; Rockaby, from Manchester; Lingfield, from Swansea.  
**BRITISH PORTS.**  
Dublin, May 21—Arr stmr Bengore Head, Hoy, from St. John.  
Liverpool, May 22—Arr stmr Franconia, from Boston; Hornsea, from St. John.  
London, May 22—Arr stmr Ereta Mendis and Ionian, from Montreal.  
Cork, May 22—Arr stmr Ereta Mendis, from St. John.  
**FOREIGN PORTS.**  
Boston, May 21—Cld sch J S Lamprey, for Windsor.  
Belfast, Me, May 21—Cld sch Wm L Maxwell, for Two Rivers (N. B.) and New York.  
New York, May 22—Arr stmr Olympia, from Southampton.

## LOCOMOTOR ATAXIA

When your nervous system becomes so thoroughly exhausted that you cannot control the movements of your legs, you have what is known as locomotor ataxia, a form of paralysis. Mrs. T. F. Tweedie, Brighton, Ont., writes: "For years I was troubled with the stomach and have always been of a nervous temperament. The death of my husband was a great shock to me, and a few months later I was prostrated by nervous trouble. Locomotor ataxia developed later, and I was in a bad condition. I took treatment from different doctors, but did not gain until I began the use of Dr. Chase's Nerve Food. When I had used five boxes I was so fully restored that I was like a different person. I am sure that the Nerve Food is a good medicine and have told many people about the remarkable way in which it has restored my health."

The railway stations within six miles of St. Paul's Cathedral, London, number more than 280. Paris has eighty-seven.

Only One "BROMO QUININE" that is **Laxative Bromo Quinine** on box. Cures a Cold in One Day, Cures in 2 Days. 25c



## GRIMEAN WAR VETERAN STRANGLER

London, Ont., May 22—Leonard Brooks, aged eighty years, a veteran of the Crimean War of 1854-58, and of the Fenian Raid of 1866, was found dead in a tent in which he lived on a lot in Prospect avenue, West London. In moving about in the darkness he must have stumbled, falling between, with one of the guy-ropes drawn tightly across his throat.

## Delicious White Bread

can only be made by using a pure, fresh and active yeast. White Swan Yeast Cakes are always pure, fresh and active. Ask your grocer for a 5c package containing 6 cakes or send for sample. White Swan Spices & Cereals, Limited, Toronto, Ont.

## AND THEY WANTED #12

St. Andrew's Beacon—The sardine business is quiet. Fish have been selling here lately at 84 a hhd.

## Absorbs Skin, Chases Wrinkles—Young Again

"The shock of beholding myself in the glass after nine long weeks' abed, nearly caused a relapse," writes Emily Colson in Home Queen. "The faded face, with its lines of illness and worry, seemed thirty years older. Now, I thought, I could not attend my chum's wedding, eleven days off, to which I had looked hopefully forward. The balm came to my rescue. She procured an ounce of mercolized wax, which she had me spread on like cold cream, washing it off next morning. Applied nightly, this apparently absorbed the wrinkled skin, so gently I experienced no discomfort. Upon the wedding morn the pallid complexion had entirely given way to one of youthful color and loveliness. "And there wasn't a wrinkle. This due to a wash lotion made by dissolving an ounce of excolite in a half pint witch hazel. The daily face bath had dispersed every line."

## THE ANTI-FLY CAMPAIGN

(Victoria Colonist)  
All over the east of Canada and the United States there is an active campaign against the housefly. In some parts of the United States it is assumed very grotesque forms. We commend the anti-fly campaign to the consideration of the people, but suggest that it should be directed against the source of the pest. It is better to prevent the breeding of flies than to try to kill them when they are on the wing. One frequent and very dangerous source of flies is in the cans in which fruit or vegetables have been sold. If these are thrown out without care being taken to see that they are clean, there is always sure to be more or less of the contents adhering to them. In this flies are bred, or at least they feed on it, and they are likely to carry away from it germs of the most poisonous character. Stables are breeding places of flies, and every person owning one should see to it that it and its surroundings are kept as clean as possible. There should be no open receptacles of kitchen refuse. The common house-fly is a sure indication that there is filth somewhere at hand. Professor Hodge of the Clark University, says: "The extermination of the fly as the universal distributor of filth and disease, is the first step in the prevention of disease. We are living in what is being called the age of good health. We are in the dawning of that age of good health and we shall save in the coming years enormously through prevention of disease."

## FLORAL FESTIVAL TO INCLUDE ALL CONTINENT

Spokane, Wash., May 23—Preliminary plans are being made to invite professional and amateur florists and gardeners in every state and province on this continent to exhibit five or more flowers and plants at the first all-American floral festival in Spokane the second week of September. John W. Dunsen, superintendent of city parks, formerly of Boston, has charge of the arrangements, and supporting the general committee are the Spokane Horticultural Society, the Spokane Chamber of Commerce and allied organizations and the various industrial, commercial and women's associations of the city.

## RHEUMATISM AND LUMBAGO

If you have any doubt as to the value of Dr. Chase's Kidney-Liver Pills as a means of regulating the kidneys and thereby curing rheumatism and lumbago, you will find here the proof of what was accomplished in one case. Mr. John Bellard, carpenter, Hammer, Ont., writes: "I was entirely cured of kidney disease and rheumatism by the use of Dr. Chase's Kidney-Liver Pills. For about twelve years I was troubled with the kidneys and suffered a great deal from rheumatism and lumbago. I consulted three different doctors, and, as they failed to cure me, I began the use of Dr. Chase's Kidney-Liver Pills, because a friend of mine had been cured by their use. Altogether, I have used ten boxes, and was entirely cured over a year ago. I can recommend Dr. Chase's Kidney-Liver Pills as the best cure for kidney disease, backache and rheumatism."