

**"RIGA"**  
Saline Water, Aperient, Laxative or Purgative, according to dose.

Riga Water cleans up, cleans out, and keeps clean the whole alimentary canal and thereby insures good health and increased efficiency. It does not gripe, nauseate nor weaken. Try it.

**NATIONAL DRUG & CHEMICAL COMPANY OF CANADA, LTD., ST. JOHN, N. B.**  
Distributors for the Maritime Provinces.

**LOCAL NEWS**

**ALMANAC FOR ST. JOHN, MAR 27**  
A.M. P.M.  
High Tide... 2.29 Low Tide... 9.09  
Sun Rises... 6.18 Sun Sets... 6.41  
Time used is Atlantic Standard.

Flour advanced thirty cents a barrel yesterday in Manitoba patents. An advance in Ontario patents went into effect on Saturday.

The Congregational and Calvin churches have united for the week to undertake special evangelistic services. The first of these services was held last night in Calvin church and was well attended. The address by Rev. Thomas Hall was most impressive. A special song service was carried out and a solo by Miss Hall was splendidly executed.

Having completed their expedition to the far south, three members of Sir Ernest Shackleton's party passed through the city recently en route to England, where they will join the British navy. The members of the party were Captain J. R. Stenhouse, who commanded Aurora in the last relief expedition, Dr. J. L. Cope, who was one of the seven men left behind and later rescued, and Captain F. A. Worsley.

The Men Who Wear Our Clothes Are Those Who Appreciate High Quality

**MEN'S SPRING SUITS**

Priced at \$7.50 to \$25.00

**H. N. DeMILLE**  
199 to 201 Union Street - Opera House Block

"Security First"

**EXCELSIOR**  
INSURANCE LIFE COMPANY

Foot No. 2 - Mortality Rate for 1916, the lowest war claims 10 per cent. 1.58 than expected

Head Office: Toronto, Can.  
F. S. FARRIS - Provincial Manager - ST. JOHN, N. B.

**LOCAL NEWS**

Smoky City Cleaner saves you money.

The store for economy is Bassett's 16-18 Charlotte street. No branches.

A large assortment of boys' suits, as well as men's at Turner's, out of the high rent district, 440 Main street, T. P.

**READY FOR INSPECTION**  
Our big display of spring overcoats in all styles and colors, from \$12 to \$35. Call while the stock is complete—Turner, out of the high rent district, 440 Main st.

**THE WOMAN WHO WORKS**

AND HER NEW FREEDOM

In an article under this heading in Pictorial Review for April, Mrs. Anna Steese Richardson says: "There is one type of girl best described by a man in this appeal.

"I wish somebody would tell Miss Dash that she is getting in wrong with me and the other fellows in the department, by insisting on going to lunch with us."

"You are her chief. Why don't you tell her yourself?" I asked curiously.

"Because she'll have hysterics," was the man's blunt reply. "I tried it once. Never again!"

"How did it all start?"

"Well, one day she did a particularly

clever piece of work, and a couple of us men invited her out to lunch as a compliment to her achievement. A week later she had a birthday and wanted to return the compliment by entertaining us at lunch. Of course we couldn't accept that sort of thing, so we gave her a hint that she would like to drop a line to us about going to lunch with us. She always offers to pay for her check, but with the full realization that it will be paid for her, which, down in her heart, she expects. And she is economical about it.

Yet I have heard that young woman boasts of her "popularity" with the men in her office.

Another type of girl, often high-spirited and smartly dressed, is seen in the restaurants of the business district. She is tolerated because she is witty and entertaining. She may or may not pay her check. Her laughter is a bit shrill. She lounges on the table as men do. She starts the meal with a cocktail and ends it with a cigar. She is proud of her reputation as a "good fellow." She may be a stickler for "morality" but she is rarely invited to meet the wives, mothers, sisters, or daughters of the men with whom she eats, drinks, and smokes at noon.

The late R. O. Pugh, a chemist of Llanfairfechan, Wales, set a record on his seventy-first birthday by walking from there to the summit of Snowdon and back, a distance of seventy miles, in twenty-four hours.



**WINCARNIS** offers you the quickest, the surest, and the safest way to the new health you need when you are

**Weak, Anaemic, Nervous, Run-down**

**WINCARNIS** offers you new health! Think what this means to you. Instead of that out-of-sorts, nervous, run-down feeling, you can revel in the enjoyment of new and buoyant health. You feel well—eat well—work well—sleep well—and rise in the morning refreshed and vigorous, and feel your whole body pulsating with new life.

That is the new health Wincarnis offers you. Because Wincarnis is a Tonic, a Restorative, a Blood-maker and a Nerve Food—all in one. This four-fold power, acting upon the system at one time, enables Wincarnis to give new strength, new rich blood, new nerve force, and new vitality. And because Wincarnis does this, it is recommended by over 10,000 Doctors.

If you are weak, Wincarnis will give you new strength. If you are Anaemic, Wincarnis will give you new rich blood. If you are nervous, Wincarnis will give you new nerve force. If you are run-down, Wincarnis will give you new vitality.

FRANK S. BALL, Resident Director, 67 PORTLAND ST., TORONTO 22

**Waste Not, Want Not**

(Mrs. Cosswell Bailey Allen in Pictorial Review.)

"It's only a slice of bread." But a single slice of bread wasted every day in every house in America totals 1000 pounds—each slice weighing about half an ounce—and costs \$60,000—\$1,800 a pound. High cost of living, indeed, when we can daily dump \$60,000 into the national garbage can! And this is approximately twice the amount of waste in this country, each wasting constantly small amounts of food—a spoonful of meat, some scraps of fat, bread crumbs the children will not eat, part of a burned loaf of cake—the aggregate cost of waste is really staggering. Think over the food wasted in your own kitchen, and acknowledge the estimate to be conservative. In this lap of high prices, its total bespeaks a prodigality and lack of intelligence in which no woman, no man, no matter how busy, can afford to indulge. It is impossible to buy food supplies intelligently without a fixed household allowance beyond a normal price become luxuries. This is especially true with meats, and grains, and other necessities having greater food value than those of lower price and the same grade. These high prices are not palatable to her pocket, provided they are properly cooked. The housewife who is not economical is committing the sin of waste. If the cost of the tender portion of the meat is so many times as high as the rate will be found to be actually paid for the rest of the animal, all birds may be catalogued at a similar price. The cost of the tender portion of the meat is so many times as high as the rate will be found to be actually paid for the rest of the animal.

Practically all foods beyond a normal price become luxuries. This is especially true with meats, and grains, and other necessities having greater food value than those of lower price and the same grade. These high prices are not palatable to her pocket, provided they are properly cooked. The housewife who is not economical is committing the sin of waste. If the cost of the tender portion of the meat is so many times as high as the rate will be found to be actually paid for the rest of the animal, all birds may be catalogued at a similar price. The cost of the tender portion of the meat is so many times as high as the rate will be found to be actually paid for the rest of the animal.

**Amdur's Spring Opening Begins Today**

In Addition to Our Lines We Have Now Opened a **Millinery Department** of the very latest styles.

**Pattern Hats Trimmed Hats**  
The Finest Shapes and Shades and Millinery Novelties

All at Very Moderate Prices

**Just Arrived—Our Spring Lines in the Finest Ladies' Waists**  
in Crepe du Chen and Georgette crepe  
From \$2.75 up

**Sport Coats at moderate Prices**

We Have a Big Assortment in Every Department to Please You All.

**Amdur's Dept. Store**  
258-260 King St.  
West St. John

**FIRST AID!**  
In case of severe toothache, rub your patent to one of our offices where instant relief may be obtained.

We do work painlessly and well.

**Boston Dental Parlors**  
READ OFFICE 627 Main Street  
BRANCH OFFICE 26 Charlotte Street  
Phone 585

Dr. J. D. Maher - Proprietor  
Open 9 a. m. Until 6 p. m.

**Sugar Has Advanced For This Week Only!**

We will sell 100 lb. bag Fine Granulated Sugar, \$7.25  
13 lbs. Fine Granulated Sugar, \$1.00  
High-grade Shortening, 24c. lb.  
\$4.00 per 20c. lb. ball  
5 lb. ball Strawberry Jam, Only 55c.  
5 lb. tin Corn Syrup, 55c.  
Wood Sound Onions, 15c. tin  
Wynlow Condensed Milk, 15c. tin  
Devilled Ham, 5c. and 10c. tin  
Choice Chamberlain's, 12c. q.  
Choice Naphtha Soap, 25c.  
6 cakes Lifebuoy or Fairy Soap, 25c.  
3 pgs. Lux or Old Dutch, 25c.

**E. Roy Robertson**  
599 Main St.  
Phone 2577.

**THE DOMINION COLLEGE OF MUSIC**  
632 Dorchester St., West Montreal.  
Examinations in all departments of practical and theoretical music will be held in May, 1917, at the following centres—Campbellton and Dalhousie, May 23; Newcastel, May 24; and Chatham, May 25.

For calendars in French or English, and all other information, apply to **THE SECRETARY**, 432 Dorchester Street, West Montreal.

**THE PSALM OF THE COUNTRY WOMAN**

(By Helen Christine Bennett, quoted from Pictorial Review for April, 1917)

I am a country woman.  
When my sun shines, my pulses beat with gladness.  
At night, when I have ceased my labors, I look upon the stars. When I see the myriads shining above me—each, perchance, a world of its own—this life is not futile to me.

I can not count the stars, there are so many.  
How then can I hope to grasp infinity?  
The sting of Death has touched me, but although I have planted the presence, yet my joy is rejoice.

For every spring I see again the miracle of resurrection. I have planted the seed and have guarded its growth until I have the tiny seed within my hands again. So I comprehend dimly a cycle that has never beginning nor end.

By day I work with my hands and under their life I see transformed the sustenance of life.

It is good to see butter come gold in the churn.  
There are those who come from the places where many dwell, from the cities where those things are not. Such say to me:

**TONIGHT -- 2c. SALE**  
This the fourth day and last day of our 2c. Sale finds us with many bargains.

Hot Water Bottles, Tooth Brushes, Talcum Powder, Soaps, Besides Lots of Drugs and Medicines.

**BUY TONIGHT**  
**WASSONS CUT-RATE MAIN ST.**

**MILL REMNANTS OF DRESS GINGHAMS**  
Just opened a splendid lot of Dress Gingham in Checks and Stripes. Money-Savers, Every One!

245 Waterloo Street, Corner Brindley Street. **CARLETON'S**  
Store Open Until 8 p.m.

**Linoleums and Oilcloths**  
AT OLD PRICES

While the price of Linoleums and Oilcloths has advanced last week, we are still selling our beautiful stock at old prices.

Come in and select your patterns now and save money.

**LINOLEUMS** in three and four yard widths.  
**OILCLOTHS** in one and two yard widths.  
**INLAIN LINOLEUMS** in newest designs.

We do not handle cheap, trashy floorcloths.

**Amland Bros., Limited**  
19 WATERLOO STREET

**THE POWER BEHIND THE STRONG IRON OF DOLORES**

Dr. Ferdinand King, a New York City Physician and Medical Author, says: "There can be no strong, vigorous, iron men, nor beautiful, healthy, rosy-cheeked women without Iron—Nuzated Iron takes three times per day after meals will increase the strength and endurance of weak, nervous, run-down folks 100 per cent. in two weeks' time in many instances. Avoid the cheap forms of metallic iron which may injure the teeth, corrode the stomach, and thereby do more harm than good. Take only organic iron—Nuzated Iron." It is dispensed in this city by Wassons' Drug Store and all good druggists.

**USE THE WANT AD. WAY**

At the meeting of St. David's Y. P. A. last evening officers were elected for the season, 1917-18, as follows: Rev. J. A. MacKeigan, honorary president; Fred W. Girvan, past president; O. J. Fraser, president; Arthur Willett, vice-president; Miss Jean Somerville, secretary-treasurer; Miss Ada Williams, assistant; Mrs. L. F. Archibald, pianist; Miss Eva McNichol, assistant; committee on soldiers' cheer, Miss Ethel Milligan, Miss Marion Crookshank and A. R. Crookshank; Jennie B. Robb, committee; Alexander Watson and A. R. Crookshank.

The following programme was enjoyed, following the business of the meeting: Mrs. J. E. Archibald and Miss Eva McNichol, piano duet; E. H. Cairns, reading from Henry Drummond; Thomas Guy, solo; Marion Crookshank, paper on Legends of Place Names in New Brunswick; Miss Ernesta Climo, solo.

**Improve Your Complexion**  
Get your blood pure, keep the liver active and the bowels regular, and disfiguring pimples and unsightly blotches will disappear from the face. For improving the complexion and putting the blood in good order

**BEECHAM'S PILLS**  
are safer, better and surer than cosmetics. They eliminate poisonous matters from the system, strengthen the organs and purify the blood—bring the health-glow to the cheeks, brighten the eyes, improve and

**Beautyfy the Skin**  
Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. 15 boxes, 25 cents.

**LILLEY & CO'S**  
Prices on **Meats and Provisions**  
Will Save You Money!

Beefsteak..... From 22c. per lb.  
Beef Roasts..... From 16c. per lb.  
Stewing..... From 12c. per lb.  
Corned..... From 10c. per lb.  
Fresh Sausage..... 15c. per lb.  
Bologna Sausage..... 12c. per lb.  
Head Cheese..... 10c. per lb.  
Scotch White Puddings, 12c. per lb.  
Pressed Corned Beef (cooked), 25c. per lb.  
Cranberries..... 2 qts. for 25c.

Apples, Cabbage, Lettuce and a large variety of other goods at lowest market prices.

**LILLEY & CO.**  
695 Main St. Telephone No. 2745.  
Store Open Every Evening

**FLOUR**

**CHARIOT**—Best Pure Manitoba Flour..... Only \$10.00 100 lbs.  
Charlot—24 lb. bag..... \$5.40  
DOMINION—Best Blend, \$10.25 100 lbs.  
Dominion—24 lb. bag..... \$5.10  
Choice Seeded Raisins..... 12c. pgs.  
Evaporated Peaches..... 2 lbs. for 25c.  
Evaporated Appricots..... 18c. lb.  
Choice Lemons..... 25c. doz.  
California Navel Oranges, good large fruit..... 25c, 30c, and 35c. doz.  
Choice Grapefruit..... 3 for 25c.  
Jumbo Grapefruit..... Only 12c. each  
Choice Cranberries..... 12c. qt.  
Tomatoes..... 12c. can, \$1.00 doz.  
Corn..... 13c. can, \$1.50 doz.  
Peas..... 11c. can, \$1.30 doz.  
Wax Beans..... 12c. can, \$1.40 doz.

**THE 2 BARKERS LIMITED**  
100 Princess St. 111 Brussels  
Goods Delivered to All Parts of City, Carleton and Fairville.

**KILLING AS A PROHIBITIONIST**

"The other night of the evening was a horror. The little tragedy played itself out at a neighboring table, where two very young women were sitting. It did not strike me till far into the evening that the plump young reproaches were making the girls drunk. They gave them red wine and then white, and the voices rose slightly with the maiden's cheek flushes. I watched, wishing to stay, and the youths drank till their speech thickened and their eyeballs grew watery. It was sickening to see, because I knew what was going to happen. My friend rose the group and said:

"Maybe they're children of respectable people. I hardly think, though they'd be allowed out without any better escort than these boys. And yet the place where every young couple go, they may be.".

"And they were all four children of sixteen and seventeen. Then, ranting previous opinion, I became a prohibitionist. Better it is that a man should go without his beer in public places, and content himself with swearing at the narrow-mindedness of the majority; better it is to poison the insides with very vile temperance drinks, and to buy liquor furtively at back-door bars, than to bring temptation to the lips of young fools such as the four I had seen. I understood now why the preacher's rage against drink. I have said: 'There is no harm in it, taken moderately,' and yet my own demands for beer helped direct-ly to send those two girls reeling down the dark street to—God alone knows what end."