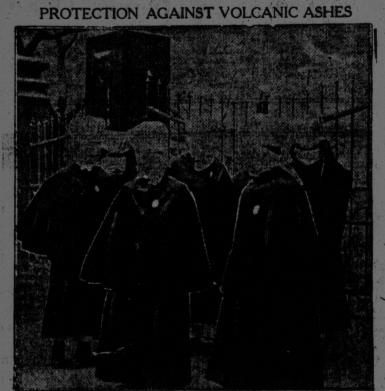
THE EVENING TIMES AND STAR, ST. JOHN, N. B., MONDAY, MARCH 9; 1914

JUVENILE COURT WORK IN HALIFAX

Judge Wallace Reviews It In Interesting Report

TAREE YEARS IN EXISTENCE

Points to the Responsibility of Parents For Moral and Spiritual Welfare of Children-Has Had 480 Cases Before Him



3-Bed Specials-3



kitchen range for - - - -

Special \$7.95 | Special \$4.95 | Special \$4.90 |
See our MODEL FOUR ROOM FLAT furnished complete including a guaranteed \$112.00

circumstances. In some instances Halifax en route to St. John with Lon- STEAMERS BOUND FOR ST JOHN

while normally acherents of one of the many Christian denominations, are actually belong that it more determined our that the present manual can be sufficiently and the sufficient of the control of the

PORT OF ST JOHN. Arrived Sunday. Stmr St George, 704, Cardiff, New York, C P R.

Cleared Saturday. Stmr Manchester Spinner, Musgrave, Manchester via Philadelphia. Stmr Manchester Shipper, Perry, Man-chester direct.

CANADIAN PORTS. Halifax, March 7—Ard, stmrs Rappahannock, Montrose, St John; City of Sydney, St John's (Nfid).

March 8—Ard, stmrs Ascania, Southampton; Campenello, Rotterdam; Digby, Liverpool via St John's (Nfid); Scandinavian, Glasgow.

March 7—Sid, stmr Empress of Ireland, Liverpool; March 8, stmrs Montrose, London and Antwerp; Caroline, New York; Ascania, Portland (Me).

BRITISH PORTS. Glasgow, March 7—Sld, stmr Cassandra, Brown, St John.
Liverpool, March 8—Ard, stmrs Cedric, New York; Alsatian, Halifax.
Southampton, March 8—Ard, stmr
New York, New York.
Fishguard, March 8—Ard, stmr Carmania, New York.

FOREIGN PORTS. New York, March 8—Ard, stmrs Baltic, Liverpool; Kaiserin Auguste Victoria, Hamburg.
Boston, March 8—Ard, stmrs Cymric, Liverpool; Pretorian, Glasgow.
Vineyard Haven, Mass, March 8—Ard, schr Geo Churchman, Nantucket.
Sld—Schr Minnie Slausson, St John.
New York, March 8—Sld, schr Rebecca M Wells, Calais (Me).
Boston, March 5—Sld, bark Avon, Buenos Ayres.
Mostyn Deeps, March 7—Ard, stmr Leuctra, Butler, Rio Janeiro.

MARINE NOTES. New Zealand liner Batsford arrived at

Daily Hints ror the Cook





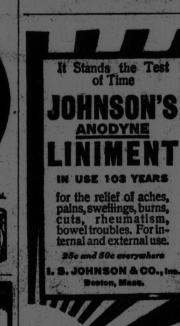


severely tax a woman's strengt

and when wife or mother complains of fatigue, nervousness, loss of appetite or energy, she needs rest, out-of-door exercise and building up.

The first thought should be Scott's Emulsion, which is medicinal food free from alcohol or narcotics. Its nourishing force quickly fills hollow cheeks, builds healthy tissue, enriches the blood, restores the healthy glow, overcomes languor and makes tranquil nerves.

Nothing equals or compares with Scott's Emulsion for just









Overwhelming Verdict

A few months ago, a man in no way connected with making of Postum or the marketing of tea or coffee, wrote to quite a number of physicians asking their unbiased testimony in the case of Postum vs. Tea

The following excerpts from their letters constitute an overwhelming verdict.

"Our family have been users of Postum for a long time. We were very liberal coffee drinkers, but were conscious that coffee was harming us—or nervous system, digestion and heart action—so we quit the coffee and began using Postum. Now we relish it far more than we did coffee and are all reliaved of the old coffee.

"I have discarded coffee altogether in my family, and instead use Postum which we find makes a rich, delicious drink, without any of the deleterious effects attendant on the continuous use of coffee."

"I have used Postum in my family for years with the most satisfactory result,—so much so that we have practically abolished coffee, and with it the coffee headaches, nervousness, and lying awake the best part of the night."

"I have used Postum for the passure years in place of coffee. Before that I was troubled with frequent bilious headaches due to excessive use of coffee, and was then advised to use Postum. Since that time I have not had a single attack, which effect I attribute entirely to Postum. I frequently recommend it to others who experience equally gratifying results."

quit the coffee and began using Postum.

Now we relish it far more than we did coffee, and are all relieved of the old coffee troubles. As a physician I have induced several families to quit coffee and use Postum.'

"No more coffee for me. I am using Instant Postum and advise my patients to do likewise. I prefer it to the best coffee, and have no more sour stomach attacks as I used to."

"Hardly a week goes by that I do not advise some patient with an irritable, acid stomach and nervous heart to stop at once the use of all coffee and take up the use of Postum, and always with good results."

"Postum—when it is desirable to leave off coffee on account of over-stimulation or gastric disturbances."

"Postum has been used in my family nearly ever since it was placed on the market, and I recommend it to my patients. I is a nourishing drink. A great many families are giving their children Postum in place of coffee with best of results."

"Have had many cases that could not drink coffee on account of its reflex action on the heart. Postum always supplies the place of coffee without the bad effects."

"I am satisfied that coffee is responsible in a great degree for the premature breakdown of our active men and women. They suffer from caffeine poisoning. Of the truth of this there is not the shadow of a doubt. Our common sense tells us that the daily swallowing of caffeine—over-stimulating the heart and brain—will be followed by nervous depression, and finally by more or less disastrous results. I believe if people in general would use Postum as a beverage in place of coffee and tea their mental and physical condition would be much improved."

According to a recent article—"The Chemistry of a Cup of Coffee"—in the London (Eng.) Lancet, Tea and Coffee from a dietetic standpoint, are much alike, and are similarly injurious, because both contain the alkaloid caffeine.

In the light of such testimony it would seem the part of wisdom to stop tea and coffee and use Postum. Postum is a genuine food-drink, made of whole wheat and a small per cent. of molasses. Contains the nutritious values of the grain, but is pure and absolutely free from the drug, caffeine, or any other harmful substance.

Regular Postum—must be well boiled to bring out its fine flavor. 15c and 25c packages. Instant Postum—a soluble form. A teaspoonful stirred in a cup of hot water—with sugar and cream added—makes a delightful beverage instantly. 30c and 50c tins: The cost per cup of both kinds is about the same.

"There's a Reason" for POSTUM

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