

THE STAR, ST. JOHN, N. B. TUESDAY, APRIL 7, 1903

FIVE

Shoes to Fit Children's Feet Perfectly

We've dainty shoes in high or low cuts for the little ones, trim neat styles, built to fit the feet perfectly. Patent Colt, Vici Kid, Chocolate Kid Tan Calf, and Box Calf. Children should not be forced to wear ill-fitting shoes, it's not necessary.

Try Us Once
50c. up to \$2.00 a pair

WATERBURY & RISING
King St. Union St.




Another Lot of White Shirt Waists.
Some Very Dainty Styles, from 75c up.
White Skirts, Night Dresses, Corset Covers.

A. B. WETMORE, 59 Garden St.

\$12, \$13.50, \$15, \$18, \$20

Any of these prices gets you a solid suit, ready for service. A suit that you will feel at home in—that you will feel dressed in—that will be thoroughly made.

It will fit you—it will be FASHIONABLE—it will have style—it will be full measure for whatever money you pay for it.

Let us show you what's here.

Easter Sunday, April 19th.

Bell's Moth Bags

For Preserving Furs, Clothing, Etc., from Moths. Absolutely Moth Proof.

We have six sizes at 20c, 30c, 40c, 50c, 60c, 70c each. Every bag has a wire coat hanger. You can put away anything from a tie to a fur coat in them.

CHAS. R. WASSON, Druggist, 100 King St.
Phone 657.

IF YOU WANT TO

SELL A STORE, SHOP, FACTORY, HOUSE, OR

WANT A MAID, COOK, NURSE, OR TEAM-STER

ADVERTISE IN THE STAR

Men's Blue AND Black Suits
FOR EASTER, \$7.00 to \$20.00.

In any other store in Saint John these Suits would be considered mighty good values at 25 to 30% more money. We know, because we've seen what others are selling at the same prices. And if it were not for the fact that, as makers, we save the middleman's profit, we wouldn't be able to give you the values we do at the prices we ask you—which are the same that other stores must pay at wholesale. But that's the advantage you get in buying at Oak Hall—you're bound to save money.

These are great Suits too. Every detail shows the effect of good tailoring. They have snap and go and their good looks will last as long as the garments of high-class Serges, Worsteds, Cheviots and Vicunas. It's a great assortment to choose from with a price range to suit any purse, and you can't help getting something that will please you in every way.

Men's Blue and Black Suits \$7.00 to \$20.00.

BOYS' CLOTHING.
ALL THAT'S NEW FOR EASTER.

All worry as to having your boys be a credit to you in apparel may be eliminated by having them wear Oak Hall Clothing. Special study is given Boys' Clothing here by an organization entirely separate from the men's. Correct styles, right materials and prices that bring more value than other stores can offer, and the Oak Hall guarantee is back of every sale.

Our Catalogue for Spring and Summer is now being mailed. Whether you want to buy or not it will be of interest to you. Send your request for one now—no charge.

King Street
Cor. Germain
GREATER OAK HALL,
SCOVIL BROS., LIMITED,
Branch Store, 695 Main St. ST. JOHN, N. B.

SOME OF THE FALLACIES CONCERNING YOUR WEIGHT

There is something almost pathetic in certain popular fallacies concerning bodily weight. A man gets on a weighing machine and it he turns the beam a round or two (lies) when he was previously scaled, he is immediately filled with the most gloomy apprehensions regarding his health. Or, should he have a horror of stoutness, and should he appear to have gained in weight to the same extent, he is correspondingly depressed at the idea that he may become a modern Lambert.

As a fact, however, every person's weight varies not merely from day to day, but from hour to hour, and, indeed, from minute to minute, and dinner or any other meal increases it.

Except when we are eating or drinking, we are always losing weight more or less rapidly, provided we are in health.

If a man is sure he is below his standard he may, perhaps, be justifiably alarmed, because loss of weight beyond that which takes place in normal circumstances is a sure indication of disease.

Any ailment, even what is called "a common cold" tells speedily and markedly on bodily weight.

The variations which take place under normal conditions are regular, depending as they do in the one direction on the intake of food and drink, and in the other on exertion and on natural loss through perspiration, etc.

As the result of experiments made with scientific precision it is now possible to say how far such variations go in the case of the average healthy man engaged in ordinary work.

At 9 a. m., before breakfast, he weighs, say, 155 lb. 8 oz.; an hour later, after breakfast, he has gained 1 lb. 12 oz., but by noon he loses 1 1/2 oz., so that only immediately to make it up and to add 2 oz. by lunch, which brings his weight to 157 lb. 6 oz.

Then, again the fall begins, and shortly continued till dinner-time, though the chief meal of the day put on 2 lb. 2 oz., fetching him up to his maximum weight.

He is at his lightest just before breakfast and at his heaviest immediately after dinner.

There is a big drop during the night. It amounts on the average to 3 lb. 6 oz., but the loss varies from 2 lb. to 4 lb., according to idleness and the season of the year. In making deductions from the results of the experiments touching variations in weight allowance must of course be made for special exertion, whether bodily or mental.

LOSS OF WEIGHT.

That mental strain quickly tells on the frame has been established in connection with examinations. Comparative tests show that students in the high classes, where the efforts is necessarily greater, lose several pounds more than those in the lower classes.

The loss of weight due to physical exertion is sometimes a little surprising even to those who have devoted attention to the matter. Mr. Eastaugh, a famous runner, was carefully weighed before and after a race that he liked to lose 6 lb. in playing a tennis match—a statement which was received with amazement, but, as a fact, he lost as much as 8 lb., and several times 7 lb., though the exertion has more frequently taken from 4 lb. to 5 lb.

Mr. Burgess could give some still more striking figures concerning the amount of tissue he has lost in attempting to swim the English Channel. Notwithstanding the large amount of food he took while in the water, he lost nearly 1 lb. per hour.

One of his plucky efforts, which lasted a little more than fourteen hours, pulled 12 lb. of him, while another, extending over twelve hours, reduced his weight by 12 lb.

Put bodily, this fact is a little staggering; but the loss is relatively small considering that, even in his twelve-hour swim he took more than 20,000 strokes, each of which brought into play the muscles of arms, legs, back, chest and neck.

On the path, weight has been lost with much greater rapidity. Some years back a famous runner was carefully weighed for an attack on Deerfoot's one-hour record, and as a result he had never been in better condition than when he started to lower that record.

He succeeded, but, splendidly "not" as he was, he lost 6 lb. or 7 lb. in his hours' run. Nor is this an absolutely isolated case in point, since another runner once lost 5 lb. in little more than half an hour, despite the care with which he had been trained.

Even a degree of exertion within the capacity of well-nigh anybody is an important factor in reducing weight. It is easy to lose about 2 lb. by taking a turn at a home exerciser, while a brisk walk may involve a loss of 2 lb. or 4 lb.

Jockeys can rapidly "waste" by working in heavy sweaters to induce profuse perspiration. Arthur Nightingale tells us that he used to walk six miles out and six miles back—twelve in all—and so get off 4 lb. in the first spin. To keep it off more exercise was necessary, coupled with extreme abstinence.

VALUE OF LIQUIDS.

One of his stable companions had his diet cut down so low that he fell on his knees before his trainer and begged for a good dinner. Instead, he received a good hiding, which deprived him of his appetite for several days, and so brought about all the "wasting" which was required.

CLOTH TAMS

A cloth tam is a necessity in headwear for every child. Besides being dressy and handy, they stand all sorts of rough wear. We have a splendid assortment for spring in light and medium weights. Made from good cloths—with satin or sateen linings—plain or printed bands, with letters or flags—different size tops.

Blue Cloth	500, 600, 750, \$1.00, 1.25
Red Serge	500, 750, 1.00
Fawn Cloth	1.50
Felt Hats, \$1.00, 1.25, 1.50	Enamel Hats, 2.50

D. MAGEE'S SONS,
Manufacturing Furriers,
63 King Street.

Reliable and Durable ROOFING
G.S. FISHER & CO., South Side King Square

We Have the Best and Most Satisfactory Light On the Market.
Everything in Electric, Gas and Oil.

St. John Auer Light Co.,
On the corner opposite W. H. Thorne's.

ALARMED PROPHET'S FORECAST.

"Which may I give you this morning, Miss Guest—infusion of exhausted tea-leaves, colored with lead, or of chicory and ground wheat?"

"Thank you, cocoa is my breakfast beverage. So nutritious."

"Ah, yes. We use a choice mixture, better than the pure article; one-eighth part cocoa and seven-eighths starch, the whole treated with alkali. I'm sure I don't know why. And an egg?"

"Thanks. A new laid egg is equivalent to a pound of beef, is it not?"

"Really, new-laid eggs are so long out of fashion that I cannot say. These are cold storage eggs laid some time last year."

"Oh, no!"

"My husband is in the trade. Would you like this American-made egg—the yolk of colored rats, the white of gelatine, the shell of lime?"

"Impossible!"

QUITE TASTELESS.

"There are several factories in the United States. You will find them in the commercial dictionary. They whirl the yolk into shape, freeze it, coat it with gelatine, freeze again, put on the lime-shell, and there's the egg. It is really ox—the yolk ox-fat, the gelatine from the ox's hoofs, etc."

"Oh, yes. I will have some butter, please. How beautifully colored it is—creamy, isn't it?"

"It consists of one-half margarine, one-fifth skim milk, some boric acid, salt, water, and a trace of cow's butter, the whole colored with annatto."

"Good gracious! Why do you not use real butter?"

"My husband tells me it went out of fashion years ago. You will find that this is quite tasteless—an admirable feature."

"Just a very little cream in my cocoa mixture. Thank you."

"That cream is the latest triumph of science. It is an emulsion of ox-fat gelatine, skimmed milk tinted with an aniline dye, and preserved with lactic acid. Its keeping qualities are a great comfort."

HOW BREAD IS MADE.

"This bread is quite appetizing. I like it so snowy white."

"Yes, we have to be thankful for alum. Bread is rarely made now from really good flour. The wheat gets damaged by huge water in transit. This is mixed with sound flour and with the addition of alum for bleaching purposes and potato starch, a very nice loaf is turned out."

"But why potato starch?"

"It absorbs large quantities of water, and gives weight to the bread without cost to the baker. Will you have some honey or preserve? This honey comes from a factory of high repute."

"Factory? Why is it in the comb?"

"Oh, yes. That comb is most ingeniously made of paraffin wax."

"Candles in fact!"

"Yes, candles. And the honey is glucose of the finest quality."

"I should not dream of eating candles. Give me some raspberry jam, please. Beautifully tinted, that raspberry jam."

"Yes, that is a new aniline dye. Look at the seeds—made in a factory from red pine wood. This raspberry jam consists of apple jelly imported from the Continent, wood seeds, glucose and aniline dye."

A GLASS OF MILK.

"Really! I will have some red currant jelly listed."

"Ah, glue!"

"Glue? We call it gelatine-refined glue."

"What am I to eat? Well, I must be content with a glass of milk and a biscuit. Have you milk?"

"Oh, yes. There's a rearing glass of milk. First the farmer waters it. Then the wholesaler dealer waters it. Then the retail dealer waters it. But it is fortified with a skimmed and condensed milk and—horic acid."

"I think I'll wait for lunch, thank you."

THE PRIVATED'S DILEMMA.

"My regiment was on one occasion marching in the van of an immense and magnificent parade," said a militia colonel, "when it became necessary to push the people back a little."

"The ropes had broken at this point, and the people, quite unintentionally, encroached on the line of the parade. I assigned a handful of young privates to help the police to handle the crowd, and one private, stationed near me, I kept my eye on. He got everybody back except a fat man. This person did not move."

"Private," said I, "but that fat man back?"

"He says he can't get back; the crowd is pushing so," the private answered.

"Put your rifle butt in his chest," said I, "and force him back. You are the stronger?"

"Yes," said the private; "I know I'm the stronger, but he's the foreman of our shop."

LAW'S OF WAR.

The Code that Governs Hostilities Between Civilized Nations.

The "laws of war" as at present formulated by the civilized nations forbid the use of poison against the enemy; murder by treachery, as for example, the flag of truce; the murder of those who have surrendered, whether upon conditions or at discretion; declarations that no quarter will be given to an enemy; the use of such arms or projectiles as will cause unnecessary pain or suffering to an enemy; the abuse of a flag of truce to gain information concerning an enemy's positions; all unnecessary destruction of property, whether public or private.

They also declare that only fortified places shall be besieged, open cities or villages not to be subjected to siege or bombardment; that public buildings of whatever character, whether belonging to church or state, shall be spared; that plundering by private soldiers or their officers shall be considered inadmissible; that prisoners shall be treated with common humanity; that the personal effects and private property of prisoners, excepting their arms and ammunition shall be respected; that the population of an enemy's country shall be considered exempt from participation in the war unless by hostile acts they provoke the ill will of the enemy.

Personal and family honor and the religious convictions of an invaded people must be respected by the invaders and all pillage by regular troops or their followers strictly forbidden.

IT SOUNDED HEARTLESS.

"Were you much hurt in the auto accident?"

"Just the merest scratch."

"I'm so sorry!"—Cleveland Plain Dealer.

AUR-MINO CURES DRUNKENNESS

with or without the knowledge of patient. Destroys all desire for drink. Home remedy. Absolutely harmless. Cure effected or money refunded. BOOK FREE.

Guaranteed under Pure Food Law. Aurmino A. Powiata, secret remedy. Aurmino B. Tablets, taken voluntarily either from \$1.25 per box for \$2. Send for BOOK mailed FREE.

AURMINO CO., 110 W. 34th St. N. Y.
For Sale by **Chas. R. Wasson, Druggist, 100 King St.**

"Silver Plate that Wears"

If you want dependable silver, look for this mark—

"1847 ROGERS' BROS."

on knives, forks, spoons, etc. The most beautiful, longest-wearing silver plate made. See us at LEASONS OCCASION. Equally designed silver dishes, trays, tea sets, etc., etc. See our ad.

MERIDEN BRITS CO.

Shiloh's Cure

Cures Coughs and Colds QUICKLY

Use Shiloh's Cure for the worst cold, the sharpest cough—try it on a guarantee of your money back if it doesn't actually CURE quicker than anything you ever tried. Safe to take—nothing in it to hurt even a baby. 34 years of success command Shiloh's Cure—25c, 50c, \$1.