MC 2035 POOR DOCUMENT

THE EVENING TIMIS A ID STAR, ST. JOHN, N. B. MONDAY SEPTEMBER 29, 1913



THIS DISPLAYING

to the "Well, we've had slit skirts down here

HARMER-NODDIN WEDDING

Daily Hints

For the Cook

LADIES! LOOK YOUNG BARKEN GRAY HAIR

Use the Old-Time Sage Tea and Sulphur and Nobody Will Know

BACK TO JEROME

SKIRT STOPS TRAIN Startling Revelations if Fugitive's Hinton, W. V., Sept. 27—Emerging from a mob of Hinton's citizens which Counsel Succeed in Exposin Private Persons Who, They Say, Are Fighting to Save Selves by Keeping Thaw in Madhouse

LETTER FROM MR. HOWARD Gibson, Sept. 26, 1918.

Gibson, Sept. 26, 1918.

Editor Times:
Sir:—With your permission I wish to ask my generous friends in St. John, all of them who have periodicals of any description good for mission work, will they be ready with them first week in October, as I will be in St. John on my first annual collecting trip. I will be pleased to call at their homes while there. I hope to be able to secure 10,000 papers, magazines, &c., in the short time I will meet my friends, with best wishes. ALBERT TURNER HOWARD.

Macaulay Brothers & Co., King Street, St. John, N.B. Our Stores Open 8 a. m. Saturdays 10 p. m.

It's Time Now To Start Your Art Needlework

Do you obtain perfect satisfaction from your fancy work? Do you get good values for your investments?

If not, we know the reason: You don't procure them at this store. You are letting the advantages of trading at our Art Needlework Counter pass you unheed-

Here you can make acquaintance with a host of brand new ideas in fancy work. Here you will not only find ideas already cleverly and skilfully worked to completion, but all the designs and materials for which your individual ingenuity

During next week, an expert needlework artist will be in attendance from 2.30 to 5.30, Monday, Oct. 6, also Wednesday and Friday afternoons to give free instructions in all classes of Art Needlework.

Take advantage of this excellent offer by purchasing your designs and materials here now, in readiness for next week's needlework class. Among a host of pieces will be found the latest designs in

Punch Work, Rambler Rose, Spiraluster, Fluffi, Filet, Black Forest or

· Also all the materials necessary for working same. See window display of all the new ideas worked and ready to be worked.

MACAULAY BROS.

I Shall Buy My Furniture From "Marcus"

"They are so reasonable—they give excellent value for your money and above all guarantee satisfaction."

Have you noticed how often you've heard this said by your friends and acquaintances?

Try us once and you will always buy your home furnishings from us.

J. MARCUS - - 30 Dock St.



Many happy Mothers

are using Baby's Own Soap in the nursery not merely because they themselves were washed with it, when infants, but also because experience has shown that no other soap will help the skin so much-make it so white, so smooth - be so pleasant to use-and cost as little. Baby's Own Soap is best for Baby

Imitations and substitutes are made as cheap as possible; Baby's Own is as good as possible. 5-4-18 ALBERT SOAPS LTD., Mfre., - MONTREAL

Here's Something New No more ashes to carry, no clumsy ash pan to spill dust and dir on the kitchen floor.

THE GLENWOOD ASH CHUTE solves the problem. It is situated just beneath the grate and connected by a sheet iron pip straight down through the kitchen floor to the ash barrel in the

No dust can escape, just slide the damper once each day ar drop the ashes directly in the ash barrel. This is only one of the splendid improvements of the PLAI CABINET GLENWOOD, the range with out ornamental or fanc nickle. THE MISSION STYLE GLENWOOD, every essential respectively.

fined and improved upon. At least one-half of all GLENWOODS are sold through the enthusiastic recommendation of a satisfied user.

McLEAN HOLT & CO., Limited St. John, N. B. 155' Union Street

Warding Off "Old Age"

A London Physician says:-

When a distinguished scientist like Dr. Newsholme, of the Local Government Board, warns us that we are ageing prematurely as the result of the strain modern life throws on our hearts and arteries, it is worth thinking what can be done to stop this health wastage.

Dr. H. Strauss, of Vienna, in a recent number of the "British Medical Journal," makes the timely suggestion that much can be done to retard this premature wear and tear by paying a little ordinary attention to the diet.

The man whose heart or blood vessels begin to show signs of not being as young as they used to be should, for example, be very chary with his meaty foods. Two and a half to three and a half ounces of meat a day Dr. Strauss considers quite sufficient.

More important than what one eats, however, is what one drinks. Alcoholic stimulants of all kinds tend to burden the heart and blood vessels by making them work overtime, which of course increases the wear and tear. But it isn't only alcoholic stimulants Dr. Strauss inveighs against. Caffeine (the powerful drug contained in tea and coffee,) this distinguished scientist points out, is also a powerful heart irritant. Every time one takes a cup of these beverages the caffeine in it encourages one's heart to do extra work which is practically always quite uncalled for, and therefore is an utter waste both of energy and heart muscle.

In these days when the strain of modern competition and high-speed mental work keeps one's heart constantly working at high pressure (thereby tending to produce premature wearing out) any-thing which can possibly add to the work thrown on the heart ought to be strenuously avoided. Caffeine, the powerful heart irritant con-tained both in tea and coffee, is one of these substances. It is to meet the growing demand for a caffeine-free beverage, delicious and as appetizing as tea or coffee, that Postum was vented. Made from the finest wheat.

has a plesant aromatic odor and a delicious flavor, and best of all, is absolutely free from caffeine or other poisonous drugs.

Postum comes in two forms:

Regular Postum-must be well boiled.

Instant Postum is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with the addition of cream and sugar, makes a delicious beverage INSTANTLY.

"There's a Reason"

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