

## TRY A BARREL OF "REGAL" FLOUR

the next time you buy. Every barrel of this flour is sold with a guarantee of "money back if not satisfactory." Only the very highest grade hard wheat flour made in America could afford to give such a quality guarantee as this. Why not try a barrel?

### Daily Hints For the Cook

**FRUIT COOKIES.**  
One and one-half cups of sugar, 1 cup of butter, worked to a cream; add 3 eggs beaten well, 12 cup of molasses, 1 teaspoonful of soda dissolved in a little cold water, 1 cup of raisins seeded, 1 of currants and 1 teaspoon of allspice; flour to roll.

**LEMON MERINGUE PIE.**  
Take a small sauce pan and put 1 cup of hot water on to boil in it. Mix table spoon of cornstarch (rounding) into just enough water to mix. Add to the boiling water. As soon as the cornstarch boils add 1 cup of sugar, and butter the size of an egg, juice of 1 large lemon, also the grated rind of lemon. When cool add beaten yolks of 3 large eggs (fresh) little salt. Pour mixture into piecrust, which should be previously made. Bake like custard. Beat the whites of 3 large eggs to a stiff froth, beat in the teaspoon of sugar and extract to taste. Drop on pie after it is baked and cold, then brown in oven. When using top crust, only use 2 whole eggs in filling.

### Little Beauty Chats

By BLANCHE BEACON

**Keeping Just as You Are**  
and indulge in sweets you will grow stout. If you go to the other extreme and eat and

**QUININE? NO! PAPER'S BEST FOR BAD COLIC**  
First Dose of Pape's Cold Compound Ends Grippe Misery

It is a positive fact that a dose of Pape's Cold Compound, taken every two hours until three consecutive doses are taken, will end the Grippe and break up the most severe cold, either in the head, chest, throat, stomach, limbs or any part of the body.

It promptly relieves the most miserable headache, dullness, head and nose stuffed up, feverishness, sneezing, sore throat, running of the nose, mucous discharges, chills, shivers, stiffness and rheumatic twinges.

Take this wonderful Compound as directed, with the knowledge that there is nothing else in the world, which will cure your cold or end Grippe misery as promptly and without any other assistance or bad after-effects as a 25-cent package of Pape's Cold Compound, which any druggist can supply—except no substitute—contains no quinine. Belongs in every home. Tastes nice—acts gently.

**PILES CURED IN 6 TO 14 DAYS**  
Your druggist will refund money if Pape's Cold Compound fails to cure and cause of itching, blind, bleeding or protruding Piles in 6 to 14 days. 25c.

The superintendent of schools in Madison, N. J., believes in drastic sanitary measures in the public schools. During the recent vacation school Commissioner Edward L. Coot, who is a plumber, installed shower baths and bathtubs in the school buildings. Now, instead of ordering the children to keep clean, the authorities will see that unclean children take baths at school.

**THE SPIRELLA CORSET**  
modish, comfortable, economical, made to measure, fitted by a trained Corsetier. Accommodates graceful lines, subtle, irresistible.

**The Spirella Boning**  
is flexible, supporting, will not take a permanent line, is guaranteed not to break or rot for one year.

**MRS. ALGIRE**  
65 Sydney St., Phone 638-11

**A USEFUL GOWN**  
This is of hunter's green face cloth combined with blue and green tartan silk.

**They Do More**  
We could make White Swan Yeast cakes LOOK more for the money, by adding fillers and making them larger; but that would not make them DO more. The present size is convenient and each cake has more real bread-making virtue than any others sold in Canada, or elsewhere. Send for free sample. White Swan Yeast & Cereal Co., Ltd., Toronto.

**OPPOSUM GALORE**  
In a choir at Bamford, Rochdale, Eng. are four brothers, whose aggregate number of years' service in the choir is 108.

### WHAT THE HOUSEWIFE SAYS

(Copyright, 1913, by the McClure Newspaper Syndicate.)

A spring suit has to be got in advance of spring, for the American climate has no compunction about turning February into June over night. Preparedness is the watchword in clothes. It pays. The seller can keep his sales going by this slogan and the buyer can keep her wardrobe in condition under the same creed.

This quality runs through the 1913. The American nation tries to be weeks ahead of everything and has no regard for actual seasons. It makes fictitious ones.

The getting of a spring suit early in the season has sense behind it. If one purchases a suit in the fall, it is not only a mild morning it is reasonable, and if one has it made now it is reasonable. Therefore what do the shops offer for spring suits?

First, the season proclaims itself for white in many fabrics and several shades, for white, like black, has at least half a dozen tones of its own. There are pinks, blues, greys, and browns, and each of these is particularly suited to certain complexions and shades of hair. A woman should never say that she can't wear white until she has tried it several times under her hair.

But white is not a serviceable suit for spring. It belongs in the wardrobe of the woman who has a good deal of money and is not afraid to lose it. It is becoming but it is sensible unless one is leaving the gray of old age for the sapphire that hangs over Southern seas. If one is going to Panama—and the world and its sister seems to be going—then the white suit is absolute.

In these times the better choice is the dark lightweight coat and skirt that serves the common needs of every day and is not so costly that its owner keeps it in tissue paper for an occasion.

The rival to the suit is the frock, and women have already appeared in the one-piece gown with a heavy shoulder made of fur or plush or velvet. It is doubtless full if a frock is as serviceable as a coat and skirt for these months. There are frocks which are too damp or too hot for any kind of clothes, but a jacket well buttoned over the bust, and there are hours in the houses when a one-piece frock is just suitable for the street is entirely too hot for the room. The woman who can have both is in luck, for if she must be economical, she may happily recognize that the one-piece frock may be made at home by a good pattern out of a short length fabric.

**EARLY HINTS MAY MISLEAD.**  
The single disadvantage of getting a coat suit now is that the styles are not here; that is, the new French styles, which the Americans follow after the best of March are not. And sometimes this is a serious disadvantage. You may remember the episode of the light-colored skirt. The tailors late a reference to it, but, after all, they were not to blame. It was a fashion which came from Paris and was made possible by this madness for being ahead of the season which the Americans show in everything.

The world of women bought pleated skirts in their own spring suits as late as the middle of April and paid all kinds of prices for them, and then in May the narrow skirt came into full bloom and the Americans could do what is discarded the lower half of their costumes, match the material and have a new skirt made. It is all very well for the outsider to laugh at such a condition of things and say that women should have more courage, but they have it, and it is better to argue on a fact than a theory. There are few women who feel entirely happy when they are conspicuously out of fashion, and if the world wants to make a joke out of this it would be wise for the woman to look a little ahead and observe their own lack of courage in other things.

As far as one can see, the narrow skirt may be built from two widths only, with seams down the sides; or have an inserted piece of knit fabric between one like it. There is no objection to pleats this year as long as they remain flat and do not add an inch to the evening width. They are stitched down their full length, and do not even lack out when one walks, so that as an element of width they can be overlooked.

Skirts are not so easy as they have been, possibly because the average American woman carries the fashion too far, or too high, whichever you will. Given an inch she took eight of them and had no hesitancy in showing the top of her boots and often an inch of stocking above them. To rebuke her fashion has out the walking skirt down to the instep again, which is a straw showing that the wind is blowing from the quarter of long skirts. The instep length is the wisest one for the American woman to follow. It suits her figure and her mode of life, and gives her enough chance to show the best shod feet in the world.

**COATS ARE OF MANY CUTS.**  
The jacket to the suit may be long or short, an Eton or a Russian, may have a wrap or a straight skirt. The tailor will probably have a preference and insist upon it, but his conviction will be due to fact of his ability to cut a certain model. He knows they will all be worn, but he wants you to wear what he makes best. The woman who likes novelty will adopt the loose Eton jacket with wide revers, two rows of buttons, long tight sleeves and a turnover collar of white satin. The woman who wants to be in the procession of fashions will order a modified Russian blouse with many of the hip, gathers omitted and the belt not excessively wide. If she wishes the spirit split at the side she can indulge her desire, for Russian blouses are built in any way that makes them more becoming to be sure.

### RESTORE GRAY HAIR TO NATURAL COLOR

By Common Garden Sage a Simple Remedy for Dandruff, Falling, Faded, Gray Hair

The old idea of using Sage for darkening the hair is again coming in vogue. Our grandmothers had dark, glossy hair at seventy-five, while our mothers are gray before they are fifty. Our grandmothers kept their hair soft and glossy with a "Sage Tea," which also restored the natural color.

One objection to using such a preparation was the trouble of making it. This objection has been overcome by the Welsh Chemical Company of New York, who has placed on the market a superior preparation of Sage, combined with Sulphur and other valuable remedies for dandruff, itching scalp, and thin, weak, falling hair. The beauty of the hair depends more on its rich, even shading than anything else. Don't have dry, harsh faded hair, when a simple, harmless remedy will bring back the color in a few days; and don't be tormented with dandruff, itching scalp and loose, falling hair. Wyeth's Sage and Sulphur Hair Remedy will quickly correct these troubles, and give color, strength and beauty to your hair.

Get a fifty-cent bottle from your druggist today, and prove this to your own satisfaction. All druggists sell it, under guarantee that the money will be refunded if the remedy is not exactly as represented.

Agents—Wasson's 3 Rexall Stores, King Street, Main street, and Haymarket St.

### The Combination

of high quality and low price is to be found here if you are looking for up to date styles and good quality in the way of men's furnishings at reasonable prices don't pass us by.

Men's Negligee Shirts regular \$1.00 value for 89c.  
Men's Flannel Shirts regular \$1.00 value for 89c.  
Men's Derby Hats regular \$2.50 value for \$1.98.  
Men's Pants regular \$2.25 value for \$1.89.

## CORBET'S

196 Union Street

### WHY NOT YOURS?

Our prices are low, our stock large and well selected.

Our Furniture gives you best possible satisfaction in style, quality and workmanship.

Drop in and see, we are always pleased to show goods.

## J. MARCUS, - 30 Dock St.

### SHIPPING

**ALMANAC FOR ST. JOHN, JAN. 23.**

High Tide	1:25 Low Tide	5:04
Spring Tides	7:58 Sun Sets	5:13

Time used is Atlantic standard.

**PORT OF ST. JOHN.**  
Arrived Yesterday.

Star Montrose, 5402, Webster, London and Antwerp, C. P. R., pass as general cargo (Off Partridge Island at midnight).

Star Briardene, 1722, Faulkner, West India ports, Wm. Thomsen, New York.

Tug Reliable, McLean, St. Martins, with tag Dejeant and S. T. barge No. 2 in tow, C. M. Kerrison.

Sailed Yesterday.

Star Wabana, Reside, Sydney, Starr, Schr W E & W L Tuck, Haley, City Island, I. O.

**CANADIAN PORTS.**

Parrboro, Jan 23—Ard, tug Gypsum King, Coburn, Southwest Harbor to bunk.

Old-Tug Springhill, Willet, Port Clyde, tug Gypsum King, Coburn, New York.

Tug Reliable, McLean, St. Martins, with tag Dejeant and S. T. barge No. 2 in tow, C. M. Kerrison.

**BRITISH PORTS**

Liverpool, Jan 24—Sid, stmr Empress of Ireland, Halifax and St. John.

**FOREIGN PORTS.**

New York, Jan 24—Ard, stmr Majestic, Southampton.

Antwerp, Jan 24—Ard, stmr Lake Michigan, St. John.

New York, Jan 24—Ard, schrs Lawson, Parrboro (NS); Percy C. Bridgewater (N.B.).

New London, Jan 24—Ard, schr Laura M. Lum, Perth Amboy.

Calais, Me, Jan 24—Ard, schr Odell, New York.

Rochdale, Me, Jan 24—Sid, schr Emily I. White, New York.

Monte Christo, Haiti, Jan 23—Ard, schr Harry Miller, St. John.

Boston, Jan 23—Ard, schrs Mayflower, St. John; Ida M. Boston, St. John; Walter Miller, St. Martins.

Sid 22nd—Schr Eva C. Salem.

**CHARTERS.**

Schr Lavonia, J. Willard Smith, Pensacola, to north side of Cuba, hard pine, \$7.

**MARINE NOTES.**

The schooner Harry Miller, Captain Granville, arrived at Monte Christi, Island of Haiti, on Thursday last from this port. The schooner left here on January 3 for Shelburne, N. S., but was blown from her course, J. Willard Smith is the owner.

The schooner Harry W. Lewis, C. M. Kerrison, reached this port Thursday night for harbor, on her way to "Innards" from Parrboro. The Lewis was a favorite wind.

The schooner Mincola and Cheele, for which J. Willard Smith is local agent, and

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which are chartered to load potatoes at Cornwallis for Cuba, are still at Spencer's Island waiting for fair wind.

The West India steamer Briardene, Captain Faulkner, arrived yesterday afternoon after an uneventful voyage of nine days from Barbadoes. The Briardene has 10 tons of local freight and 1500 tons for Halifax, and 8 packages of mail. There were no passengers. After loading general cargo the steamer will sail Sunday for the West Indies via Halifax.

Digby, N.S. Jan. 24 (Special)—Schooner Rebecca J. Moulton, Captain Black, with lumber from Bridgewater for New London (Conn.), which put into Digby today and was repaired here, sailed this afternoon.

Halifax, N. S., Jan. 24 (Special)—The master of the LeHave schooner Florence E. Getson, called from Colon today that the schooner was lost, but all the crew were safe. She was on a voyage from St. Martins for Lunenburg with salt, and was two weeks overdue when word came of her loss and the rescue of the crew. This is the second Nova Scotia schooner lost season on the way home from St. Martins.

**VESSELS IN PORT**

**Steamers.**

Bendu, 2821, J. T. Knight, South Africa.

Briardene, 1722, Wm. Thomsen, C. West.

Lake Michigan, 5340, C. P. R. London and Antwerp.

Montrose, 5402, C. P. R. London and Antwerp.

Thursman, 6733, C. P. R. Liverpool.

Kole, 2245, J. T. Knight, South Africa.

**Schooners.**

Abbie Keast, 95, J. W. Smith.

Annie Lord, 264, C. M. Kerrison, dis. Ann Louise Lockwood, 266, A. W. Adams, discharging.

Arthur M. Gibson, 236, J. W. Smith, dis.

Cora May, 111, S. N. Scott, laid up.

Domino, 91, C. M. Kerrison, laid up.

Dalmo, 98, C. M. Kerrison, repairs.

Twenty-eight acres of land at Fleetwood, Pa., were cleared of trees and stumps by Elijah Bloch, a bachelor, who is seventy-nine years of age. On this tract the veteran farmer planted hundreds of pear trees. He has now what is considered the finest orchard in the township.

## YOU CAN HAVE A WEALTH OF BEAUTIFUL HAIR

**MERPOIDE**

Nothing equals an aureole of beautiful hair as a frame for a pretty face. Without a background of nice hair a really pretty face inevitably becomes plain and, with its unattractive features assume life and beauty.

Every woman can increase her natural charm by using Newbro's Herpoide. Herpoide makes hair beautiful. The dandruff germ sets the vitality of the hair. Herpoide kills this germ and prevents the hair from falling out, giving it a snap and

luster, a soft, silky fineness which can be secured in no other way.

Send 10c. in postage for sample and booklet to The Herpoide Co., Dept. R., Detroit, Mich.

Applications may be obtained at the best barber shops and hair dressing parlors.

Newbro's Herpoide in 20c. and \$1.00 sizes is sold by all dealers who guarantee it to do all that is claimed. If you are not satisfied your money will be refunded.

E. Chilton Brown, special agent.

### MAKE THIS TEST

How to Tell if Your Hair is Diseased

Even if you have a luxuriant head of hair, you may want to know whether it is in a healthy condition or not. 98 per cent of the people need a hair tonic.

Pull a hair out of your head, if the bulb at the end of the root is white and shrunken, it proves that the hair is diseased and requires prompt attention if its loss would be avoided. If the bulb is pink and full, the hair is healthy.

We want everyone whose hair requires treatment to try Recall "60" Hair Tonic. We promise that it shall not cost anything if it does not give satisfactory results. It is designed to overcome dandruff, relieve scalp irritation, to stimulate the hair roots, lighten the hair and overcome baldness. It is because of what Recall "60" Hair Tonic has done and our sincere faith in its goodness that we want you to try it at our risk. Two sizes, 50c. and \$1.00. Sold only at Wasson's 3 Rexall Stores, King Street, Main street and Haymarket Square.

### BOWELS SLUGGISH, STOMACH SOUR, GASSY, UPSET? CASCARETS GREAT.

That awful sourness, belching of acid and foul gases; that pain in the pit of the stomach, the heartburn, nervousness, nausea, bloating after eating, feeling of fullness, dizziness and sick headache, means your stomach is full of sour bile—your digestion is inefficient and constipation.

Try Cascares; they immediately sweeten the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter from the bowels. Then your stomach trouble is ended. A Cascares tonight straightens you out by morning.

**10 Cents. Never grips or sickens.**  
"CASCARETS WORK WHILE YOU SLEEP."

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