

**MUST**, used since-  
rely, is a strong  
word. It brooks no  
doubts, no excuses.  
That is why it fits Regal.  
This flour must satisfy  
you, else your dealer  
returns your money.

**REGAL  
FLOUR**

**SHIPPING**  
SEE IF YOUR CHILD'S  
TONGUE IS COATED

**ALMANAC FOR ST. JOHN, APRIL 2**  
High Tide..... 8:53 Low Tide..... 3:26  
Sun Rise..... 6:58 Sun Sets..... 6:47  
Time used is Atlantic standard.

**PORT OF ST. JOHN.**  
Arrived Yesterday.  
Star Sarnia, 3,84, 1,300, Glasgow.  
Robert Hood Co, 1,25 and sea cargo.  
Star Lily Head, 1,254, 1,000, Hart, Glasgow.  
Robert Hood Co, sea cargo.  
Star Sarnia, 3,84, 1,300, Glasgow via  
Halifax, Wm Thomson Co, sea cargo.  
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Halifax, Wm Thomson Co, sea cargo.

**CANADIAN PORTS.**  
Parrish, March 31—Arr, star Cor-  
vina, Macdonald, Halifax; tug Munford,  
Baird, Windsor.  
Star Sarnia, 3,84, 1,300, Glasgow via  
Halifax, Wm Thomson Co, sea cargo.  
Star Sarnia, 3,84, 1,300, Glasgow via  
Halifax, Wm Thomson Co, sea cargo.

**BRITISH PORTS.**  
Liverpool, April 1—Arr, stars Graun-  
pian, St John; Canada, Portland.

**FOREIGN PORTS.**  
Vineyard Haven, April 1—Arr, sea  
William L. Ellis, Perth Amboy.  
Glasgow, April 1—Arr, star  
Harold C. Beecher, South Amboy.  
Portsmouth, N. H., April 1—Arr, star  
Francis Goodwin, Portsmouth (Me).  
Portland, Me, April 1—Arr, star Rebecca  
C. Walk, Calais (Me).  
Havana, April 1—Arr, star Brookline,  
Kerrigan, from Savannah.  
Havana, April 1—Arr, star Lavonia,  
Pratt, from Moss Point.

**MARINE NOTES.**  
J. W. Smith reports the schooner Wana-  
tonia, Pratt, arriving at Havana yesterday  
en route to Moss Point. After discharg-  
ing the Lavonia will load for St. Vincent.  
The schooner Arthur M. Gibson, for  
which J. W. Smith is local agent, arrived  
at Ingramport Monday to load for New  
York.  
Captain Zino, late of the schooner Wana-  
tonia, left Saturday night for Ponce de  
Leon, Fla., arriving at Havana yesterday  
en route to Moss Point. After discharg-  
ing the Lavonia will load for St. Vincent.  
The schooner Arthur M. Gibson, for  
which J. W. Smith is local agent, arrived  
at Ingramport Monday to load for New  
York.

**Little Beauty Chats**  
By BLANCHE BEACON

**Corrective Exercises Which do Much for The Would-be-Beauty**

**D**O you not think it is the height  
of folly to travel through life  
with an imperfect form, when  
the practicing of this or that ex-  
ercise daily will give one a  
beautiful healthy body and a contented  
mind?

First let me give you an exercise which  
will overcome that deplorable defect—  
even shoulders! You surely do not want  
to resort to pads, and that is what you  
must do if you reject the physical culture  
way of attaining to even shoulders.

**EXERCISE FOR UNEVEN  
SHOULDERS.**

Sit down in a stiff-backed chair and  
practice lowering your higher shoulder for  
fully ten minutes then, to vary the mon-  
otony, extend the arm of the lower  
shoulder up while the arm on the other  
side is lowered, the hand meanwhile grasp-  
ing a heavy station. Fasten this station  
for four or five minutes, then call a  
halt.

Don't disdain these two movements, as  
even shoulders will add much to your good  
appearance.

Now I must turn my attention to the  
girl whose face is covered with a crop  
of liver patches. Naturally she is mortified  
by these blemishes and longs to be  
rid of them. She can have her wish, I  
am glad to say, if she will practice the  
exercise given below, as it is guaranteed  
to remove them in a short time.

Assume an upright position, then ex-  
tend the right arm up and with the left  
hand reach downward as if you were try-  
ing to grasp something. Do not bend your  
back! Next, lower right arm and raise  
left arm, and continue in this manner,  
moving arms with the utmost rapidity.  
From time to time in these columns  
I will give brief talks on other corrective  
exercises and think-if you own some trill-  
ing body defect—to watch for this informa-

**ZAM-BUK**  
SAVED MY  
ARM, AND  
WOULD HAVE SAVED MY  
FINGER IF I HAD USED IT.

Mr. John Evans of St. Lawrence St., Halifax, N.S. makes this statement. He says—"Three years ago I had a sore on my finger, which turned to blood-poisoning. We tried various remedies, but the finger got worse, and we called in a doctor. After two or three days he lanced it, and came every day for three months. My finger and hand were then in a terrible condition. The poison had spread to the palm of the hand, and I was almost frantic with the pain. I called in a second doctor, and after a conference the two doctors decided on an operation. The finger was amputated, but the wound would not heal. The blood poison spread throughout the hand, and the operation would not heal. In a short time it was clear that the poison was extending right up my arm, at intervals along which great lumps were raised. This was my condition when I tried Zam-Buk. In three days the pain was reduced so that I could obtain some sleep. Within a fortnight the lumps on my arm had disappeared. As I continued with the Zam-Buk the open wound on my hand and the stump of my finger began to heal. The doctors all along noted what Zam-Buk was doing, and it was clear to them that Zam-Buk was effecting a cure where their methods had failed. By the time I had used less than a dozen boxes of Zam-Buk my hand was completely healed. I am quite sure Zam-Buk saved my arm."

**STATEMENT ON OATH**  
Mr. Evans has made a sworn statement on oath embodying the above facts before a Commissioner of the Supreme Court.

For all injuries, cuts, burns, etc. and for skin diseases, such as Eczema, Ulcers, Eruptions, use Zam-Buk. Also for Piles, Druggists and Stores, 50c. box or Zam-Buk Co., Toronto.

**FREE BOX**  
Send this Coupon and 1c. stamp to Zam-Buk Co., Toronto, and free trial box will be mailed you.

**MORNING NEWS OVER THE WIRES**

It is believed that the bodies of many people missing since the flood of March 23 in Columbus, Ohio, are buried beneath the pile of debris on the west side of the city. The number of dead is now given as seventy-two.

What is known as "the back road" for the St. John Valley Railway at Oronoco has been decided upon by Hon. Frank Cochrane at Ottawa. This is the route as surveyed by the St. John and Quebec Railway Company.

C. M. Schwab has resigned as president of the Bethlehem Steel Co. to become chairman of the board of directors of the same company. E. G. Grace was made president.

The contract for the new post office at Fredericton has been awarded to Falconer & McDonald, of Halifax. The figures are about \$135,000.

A ditching machine is to be purchased by the provincial agricultural department for about \$5,000, and will be put to work as a demonstration machine.

Three hundred painters and two hundred journeymen tailors went on strike in Winnipeg yesterday, the former for forty-five cents an hour and the latter for an increase of fourteen per cent.

Acting on the orders of the trades and labor council all members of the federal labor union in Nelson, B. C., with the exception of the carpenters, went on strike yesterday. Some civil employees are included.

The body of Frank Cormier, who was drowned trying to recover his value which he dropped into the water while crossing the railway bridge at Macan, N. S., last November, was found on the bank of the river on Monday.

Paterson, N. J., April 1—William D. Haywood, organizer for the Industrial Workers of the World, was yesterday sentenced to six months in the county jail on conviction of disorderly conduct. He came here in connection with the silk mill workers' strike.

Edmonton to Spend Heavily  
Edmonton, Alta., April 2—Two million dollars will be expended this spring and summer in extending the municipal sewer system of Edmonton, payable by the city at large. This item brings the construction programme of the municipality to \$12,827,840 for 1913.

The best way to handle the fair sex is to let them have their own way. My feelings are that a husband in that position has the happiest home.—Gordon Scridge.

**Daily Hints For the Cook**

**CREAMED AND SMOTHERED CABBAGE.**  
Chop half a head of cabbage quite fine, put it into cold water and let it stand a while, then drain all the water out of it. Make a dressing of half cup of vinegar and two tablespoons of sugar, a little salt and pepper. Mix this well, then add one cup of good, thick sweet cream and serve at once.

To another cabbage—Take three slices of sweet salt pork, and fry to a brown crisp. Have two small heads of cabbage cut up quite fine and washed, and put it into the hot pork grease and cover it up, and let it cook slowly on the back of the range. When it is tender put on front and season to taste with salt and pepper.

**GINGERBREAD.**  
One cup molasses, half cup sugar, one cup hot boiling water, three tablespoons sour milk. When I do not have sour milk I put three tablespoons sweet milk in cup and add half teaspoon vinegar, and so on.

**HUSBAND AND WIFE BOTH TROUBLED**  
GIN PILLS Cured Them

Lachute Mills, Que., March 11th, 1912.  
I was troubled for many years with Kidney Disease, and a friend told me to take GIN PILLS. After taking a few boxes I was greatly relieved, and after finishing the twelfth box, the pain completely left me.

My wife is now using GIN PILLS and finds that she has been greatly relieved of the pain over her kidneys.

I can safely recommend anyone suffering from Kidney Trouble to give a trial to GIN PILLS.

THOMAS STEPHENSON,  
We allow you to make this trial absolutely free of cost. Simply write National Drug and Chemical Co. of Canada, Limited, Toronto, and they will send you a free sample of GIN PILLS. Try them. They will do you so much good that you will gladly get the regular size boxes at your local dealer's. 50c. a box, 6 for \$2.50.

**Stops Falling Hair**  
Hall's Hair Renewer certainly stops falling hair. No doubt about it whatever. You will surely be satisfied.

**Every Woman Should Use**  
Abbey's Eucalypti Salt

That splendid, pleasantly bubbling tonic which stimulates organs and rids the blood of impurities. Rosy cheeks and vigorous health reward the daily use of Abbey's Effervescent Salt.

Take A Bottle Home To-day.

At all Druggists  
Price 25¢  
60¢

**FORESTERS ENJOY A BANQUET AND GOOD TIME AT BOND'S**

A banquet given by the subordinate and companion courts of the Independent Order of Foresters at Bond's restaurant in honor of the installing team of the Royal Foresters last evening was well attended and proved so enjoyable that the suggestion was made that it should be made an annual affair. High Chief Cockburn spoke warmly of the spirit of optimism and progressiveness which animates St. John, and said it would be good for the province if this spirit could be more widely extended. Mr. Todd announced that a team will go to St. Stephen next Tuesday night to install a large number of new members.

M. E. Gram presided. After the toast to the King there was a solo by Dr. James Manning, M. N. Ockburn, H. C. R., and Hon. Robert Maxwell responded to the toast, Our Order. Roy Harding read Poe's Raven with fine dramatic effect. Chief Rangers MacQuoid, McArthur, McBride and Chisholm responded for the subordinate courts. D. G. Lingley proposed the toast to the Royal Foresters, and E. J. Todd, A. Bell and J. E. Arthur responded. Mr. Todd proposed the Press and A. M. Beiding responded.

**GYPSY SMITH.**  
Crowds gathered both last evening and yesterday afternoon at the meetings in Portland street Methodist church conducted by Gypsy Smith. He chose for his theme last night "I learned by experience," and gave a very practical address.

**PIMPLES THICKLY SCATTERED ON FACE**

In Bad Condition, Pimples Large, Face Sore and Itchy, Looked Badly, Cuticura Soap and Ointment Cured in Two Weeks.

Muncy, Ontario.—"Some time ago my face was in a very bad condition with some kind of pimples. The pimples were thickly scattered. The tops of them were white; matter was in them. They were quite large and my face was sore and itchy and looked badly. I had to scratch to be comfortable and sometimes lost my sleep. The sore lasted about two months and I tried some ointments but didn't like them. Then I sent for some Cuticura Soap and Cuticura Ointment, used them for two weeks and it was completely cured." (Signed) Alex. R. Oke, April 2, 1912.

**SCALY ECZEMA ON FACE**

Chatham, Ontario.—"My little girl, aged two years, started with a skin disease on her face, so I called in the doctor and he said it was eczema. The skin was quite red and all scaly. I washed the parts well with the Cuticura Soap and then I put the Cuticura Ointment on. You ought to see her now—as fair as a lily!"

"I suffered a great deal with piles. I had them very bad, and they itched and burned so I could hardly bear it. When I got the Cuticura Ointment I tried it. Now it has entirely cured me." (Signed) Mrs. Cyrus Ward, Jan. 1, 1912.

Cuticura Soap and Cuticura Ointment are sold throughout the world. Send to Pottinger & Co. Corp., Dept. 533, Boston, U.S.A., for free sample of each with 32-page book.

**The Centre of Interest For Breakfast**

Ready to Serve Palatable-Nutritious

**Kellogg's TOASTED CORN FLAKES** Package

10¢

Beauty of contour is the key of the successful "1913" costume.

More than ever before a proper corset is necessary. The great success of the D. & A. and the La Diva styles has kept the great Dominion Corset Co's model factory in Quebec, with its thousand skillful corsetières busy early and late producing the corsets which will bring style, comfort and support to many women in Canada.

**Corset bargains**

It is not only their style and comfort which make D. & A. and La Diva corsets popular. Compare them with any imported corsets of similar model.

The quality of the imported corset will be no better but the price will be \$1.00 to \$3.00 higher.

By actual count more than half of the best dressed women in Canada wear D. & A. or La Diva Corsets. There is a model for every figure. Our catalogue sent free on request, will help you choose the best for yours.

**DOMINION CORSET CO., QUEBEC, P. Q.**

**Only One Pair Necessary**

When you have DR. SCHOLL'S "POOR MAN'S" fitted to your feet they can be instantly changed from one pair of shoes to another and the same pair worn in any boot or shoe you wish.

They are light and afford instant relief to all foot troubles. Ten days' free trial—ask your shoe dealer or druggist.

**SCHOLL Eases the Feet**

Dr. Scholl's "Foot Pad" Mailed Free—Send For It.

The Scholl Mfg. Co., Ltd., 209 King St. E., Toronto, Ont.

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10¢

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