

Weekly Bulletin Of Commerce

List of Sailings Show Twenty-Two from St. John and Four from Port of Halifax.

The Weekly Bulletin of Commerce gives the following list of sailings:

- St. John to Antwerp.
- Scottian, C. P. O. S., Feb. 16, to Antwerp.
- War Beryl, C. P. O. S., Feb. 19, to Antwerp.
- Castellano, C. P. O. S., Feb. 25 to Antwerp.
- Comical Point, Furness lines, Feb. 25.
- St. John to Liverpool.
- Milvia, C. P. O. S., Feb. 27.
- Scandinavian, C. P. O. S., March 5.
- Canadian Ranger (Govt.) Feb. 29.
- St. John to London.
- Mattawa, C. P. O. S., Feb. 18.
- St. John to Manchester.
- Manchester Brigade, Manchester line, Feb. 19.
- Manchester Hero, Manchester line, Feb. 26.
- Manchester Importer, Manchester line, March 5.
- Manchester Mariner, Manchester line, March 15.
- St. John to Glasgow.
- Mottisfont, C. P. O. S., March 5.
- St. John to Havre.
- Mitenshopf, Campagne Trans-Atlantique, Feb. 16.
- Elbster, Campagne Trans-Atlantique, Feb. 27.
- St. John to Bordeaux.
- Whisky, Campagne Trans-Atlantique, March 1.
- St. John to Bristol.
- Vereatia, Cunard, Feb. 15.
- Sardinian, C. P. O. S., Feb. 29.
- St. John to St. Nazaire, France.
- Aiston, Marine Navigation Co., Feb. 26.
- St. John to Buenos Ayres.
- A steamer, Houston line, Mar. 10.
- St. John to South Africa.
- Jebba, Elder Dempster, Feb. 25.
- St. John to New Zealand.
- Durham, New Zealand Shipping, March 12.
- Halifax to Liverpool.
- Canadian Seigneur (Govt.) Feb. 23.
- Canada, White Star, March 3.
- Halifax to Glasgow.
- Canadian Aviator, Feb. 17.
- Halifax to West Indies.
- Canadian Signaller (Govt.), Feb. 28.

Be Young in Body, Mind and Looks Despite Your Years

Many a man, even in his middle forties, has a vague feeling that he is "getting old"—and right at a time when he should be at his very best physically.

And he is growing old, not in the sense that the years are pressing heavily upon him—but in the sense that his vital forces are wasting away faster than Nature replaces the worn-out tissues.

Thousands—yes millions—of people find themselves in this condition early in life. And there is no excuse for it. You can check that tendency to grow old. You can carry your youth with its joys and enthusiasms into your 70's and 80's. But you must give Nature all the help you can. The best assistance you can find—assistance of a sound, constructive character is in the use of

PHOSPHONOL THE GREAT GENERAL TONIC

—brings back your pep, punch and mental vigor—chases away that tired, worn-out feeling and replaces it with a spirit of buoyancy.

Phosphonol is a distinctive preparation, scientifically correct in its combination of medicinal ingredients, and there is nothing more invigorating, more strengthening or more rebuilding. Get a box from your druggist today—tomorrow you will feel better for it.

Price \$3.00 a box, or 2 for \$5.00. The Scobell Drug Co., Montreal, Can.

BE SURE OF YOUR REAL MONEY'S WORTH WHEN YOU BUY

Rubber Footwear

Our reputation of selling good goods is further evidenced by the

Goodrich Rubber Footwear

we offer our customers. You get your real money's worth.

- "HIPRESS" Brown Rubber Boots made out of the tough, sinewy Rubber that goes into Goodrich Auto Tires. That's why "Hipress" outwears all other footwear.
- "HIPRESS" Brown Lumbermen's Rubbers
- "STRAIGHT-LINE" RUBBERS For Men, Women and Children.
- "Double the Wear in Every Pair."

ESTEY & CO. - 49 Dock St. HIGH STANDARD RUBBER GOODS

Yesterday Was Ash Wednesday

Beginning of Lent Observed in All the Catholic Churches—Large Congregations Attended Masses Both Morning and Evening.

Yesterday being Ash Wednesday, the beginning of Lent, was observed in all the Catholic Churches with large congregations attending both morning and evening Masses in the morning and the evening services. The Blessed Ashes were distributed in the different churches throughout the city both morning and evening. In the Cathedral all the priests of the palace were kept busy performing this sacred duty. Last evening Rev. William M. Duke, rector, delivered a most forcible sermon on prayer. Father Duke emphasized the necessity of prayer in the minds of his congregation and asked them during this holy season of Lent to remember in their prayers the souls of Purgatory and of the faithful who have departed this life.

Father Duke also announced the evening devotions will be held in the Cathedral every night with an instructional sermon every Wednesday evening during Lent, also the Way of the Cross will be made each Friday night. As stated at all the Masses on Sunday night last all Catholics who have attained the age of twenty-one years and upwards to sixty are obliged to fast during this holy season.

Supreme President Tendered Banquet

T. H. Carter Was Guest of Three Sons of England Lodges Last Evening—Programme of Music and Addresses Enjoyed.

A complimentary dinner was tendered the Supreme President of the Sons of England Lodges throughout Canada, T. H. Carter, of this city, by the three local lodges, Marlborough, Portland and New Brunswick, at Bond's, last evening.

At the conclusion of a sumptuous repast the following of a sumptuous programme was carried out:

Toast to Our King.
Piano solo—J. F. Haisally.
Chorus by all present.
Toast, Our Guest, Supreme President T. H. Carter—Proposed by Dr. L. M. Curran.
Solo—C. Donelson.
Address—President of Portland Lodge, H. Sellen.
Solo—Mr. Irvine.
Address—President of New Brunswick Lodge, H. Bickel.
Violin solo—R. E. Storey.
Address—Past President R. W. Wigmore.
Solo—E. C. Tremaine.
Address—F. L. Potts.
Accompanist—Wendell Belyea.

The banquet was largely attended by the members of the three lodges, high tribute was paid Supreme President Carter by all the speakers of the evening, and the record of the Sons of England during the Great War was referred to with pride.

Mr. Wigmore in his address urged the members to take up the duties imposed upon them in the reconstruction period which has followed the great conflict. He was sure that the gallant record established throughout the great conflict would be followed by an equally proud record of duty well and nobly done in the trying times of peace which are to follow.

REBEKAH LODGE

Five candidates were initiated last evening at the regular meeting of the Rebekah Jewel Lodge No. 6. The meeting was held in the Oddfellows' Hall, West Side, and in the absence of the Noble Grand the chair was taken by Mrs. Nelson. Plans were made for a dance to be held next week at which the members of the Lodge will entertain their friends.

THE TORTURES OF RHEUMATISM

Happily Stopped When He Began To Take "Fruit-a-tives."

8 Ottawa St., Hull, P. Q.
"For a year, I suffered with rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about "Fruit-a-tives" the great fruit medicine; and it seemed just what I needed, so I decided to try it. The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me."
LORENZO LEDUC.
50c. a box, 4 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

AT THE HOSPITAL

Dan Hum, a Chinese fireman in the sugar refinery, had his arm broken yesterday morning. He was taken to the General Public Hospital.

John Keady, injured on board the S. S. Metagama, was reported from the General Public Hospital yesterday to be slowly improving.

ANNUAL SUPPER AND ENTERTAINMENT

Altar Boys and Sunday School Teachers of St. John the Baptist Church Spent Most Enjoyable Evening.

On Tuesday evening the Altar Boys and Sunday School teachers of the St. John the Baptist Church, Broad street, held their annual supper and entertainment in the Hall of the St. John the Baptist Dramatic Club. Nothing was left undone to make this the banner pleasure event of the season in the parish. The teachers of the different classes made themselves useful in arranging a most delicious spread which was partaken of by all. A few of the ladies of the parish chaperoned the event and helped materially in making it the success it was. Rev. Father Meahan, D. D., pastor of the church, was present and made a few remarks to those in attendance.

FUNERALS

The funeral of Mrs. Susan M. Hare was held yesterday afternoon at 2:30 o'clock from Trinity church, where service was conducted by the Rev. R. A. Armstrong. Interment in Fernhill cemetery.

The funeral of Mrs. Martha E. Dykeman, Watson street, took place yesterday afternoon. The Rev. W. H. Sampson officiated, and interment was in Cedar Hill cemetery.

The funeral of Herbert Kemp was held yesterday afternoon at 1:30

NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more hawking, snuffing, mucous discharge, headache, dryness—no struggling for breath at night, your cold or catarrh is gone.

Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

NEW VENDOR

In view of the coming Jewish festival, "The Passover," and other religious observances when those of the Jewish persuasion contend that liquor of some kind is necessary for the proper observance of said observances, Israel Carter, of St. John, has been granted a license covering this period. The appointment was made on the recommendation of W. D. Wilson, Chief Inspector.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN



For Colds, Pain, Lumbago, Stiffness, Rheumatism, Sciatica, Neuritis, and for Headache, Neuralgia, Toothache, Earache, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. These you are getting now, and which are the genuine Aspirin prescribed by physicians for over ninety years. Now made in Canada. Nearly ten boxes containing 18 tablets cost but a few cents. Druggists sell in an unbroken "Bayer" package. There is only one Aspirin—"Bayer"—You must say "Bayer".

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacochemist of Salzeberg. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitation, the Tablets of Bayer Company, will be stamped with their general trade mark, the "Bayer Cross".

Are You a "Light Sleeper"?

If you don't sleep soundly, there's something wrong somewhere. Maybe it's your bed.

Nobody is a "light sleeper" naturally. Give your body and nerves a chance to relax, and you'll sink into a sound, deep sleep.

You'll get rid of all your fatigue poisons and wake up feeling and looking fresh and fit.

But do you ever relax?

If your bed has a loose joint, if it rattles or squeaks, if your spring creaks every time you turn—you can't get deep, sound sleep. You may get up even more tired than when you went to bed.

FOLKS who have been light sleepers and heavy dreamers all their lives; sleep soundly on a Simmons Metal Bed, with Waldorf Box Spring—and Simmons Mattress and Pillows to complete the equipment for restful sleep.

The Simmons Metal Bed is noiseless. It locks firmly at the corners. The corner locks are made of pressed steel—have much longer bearing surfaces than the average—fit true and snug—not a creak, rattle, or feeling of unsteadiness.

It is perfectly rigid—feels and moves like one solid piece.

The Simmons Pressed Steel Corner Locks are protected by basic patents—exclusive with Simmons Limited, not to be duplicated or imitated.

And these patented corner locks have made possible the

© Simmons Limited, 1920

Three-piece Bed—the new Simmons idea—the spring forming a single unit with the side rails.

Simmons Waldorf Box Spring really does what you have always wanted a spring to do.

It invites complete relaxation.

It supports the body at ease on fine resilient spring coils—each coil conforming freely to the contours, so that the spine is perfectly rested, whether one sleeps on the back or on the side.

Simmons Waldorf Box Spring is covered with ticking of the finest grade and great wearing qualities in new and attractive designs.

It fits firmly on the bed—never sags or humps, never loses its resiliency.

And Simmons Mattresses and Pillows are in every way worthy

to go with Simmons Metal Beds and Waldorf Box Springs.

If you want to sleep, you want the Simmons Metal Bed, Waldorf Box Spring, Simmons Mattress and Pillows.

Your leading merchant has Simmons Beds—in all sizes and styles. In brass, and enameled in colors and in natural wood effects.

They cost no more than ordinary beds.

And when you are selecting your Simmons Beds with an eye to their appearance in the room, you will see that Simmons has for the first time established beautiful and authoritative design in Metal Beds.

MAYBE you're one of those folks that never sleep soundly unless you have a bed to yourself. You'll be glad to know that Simmons Limited, are making a specialty of Twin Beds.

The best people everywhere are welcoming separate beds. There's no disturbance of one sleeper by the restlessness of the other. Coughs, cold or sore throat are not communicated.

There's no loss of vitality—as when children sleep with old people or the weak with the robust.

If you care to write us, we'll tell you where to get Simmons Beds, Waldorf Box Springs, Simmons Mattresses and Pillows in this community.

Sleep is a big subject! Write us for the brochure, "What Leading Medical Journals and Health Magazines Say about Separate Beds and Sound Sleep." Free of charge.

ST. JOHN
TORONTO

SIMMONS LIMITED
WINNIPEG

MONTREAL

CALGARY
VANCOUVER

SIMMONS BEDS

Built for Sleep