

Makes Delicious Sandwiches



INGERSOLL CREAM CHEESE

"Spreads Like Butter"

This is the Package of Ingersoll Cream Cheese

It contains one of the most tempting and delicious articles of food.

Nourishing—economical, and handy to have in the home on a dozen occasions.

INGERSOLL is your guarantee of unvarying good quality. Ingersoll is your guarantee of purity and excellence.

At all Grocers. 15c. and 25c. a packet.

MANUFACTURED BY THE INGERSOLL PACKING CO., LTD., - INGERSOLL, ONT.

On Keeping Time Accounts
By RUTH CAMERON

TIME is money. Doubtless you have heard that saw so often that you think it is good, but is it?

Apparently that sentiment is supposed to make us realize the value of time. In reality it underlines that precious commodity. Time is much more than money. For money is merely one of the good things of life; time is life itself.

And yet how very few people have any system in regard to their expenditure of time.

Almost every careful housewife keeps an account of her household money. She plans just how much shall be expended in each department, she files the bills, she jots down the expenditures in her expense account and insists upon tracing each missing penny to its lair.

But how many housewives have the slightest system about how they spend that which is even more precious than money, their time?

An alert young college graduate whose work as librarian has taught her the value of system, has recently become a housewife, and has made system the watchword of her days. Breakfast over at a certain hour. The next half hour is devoted to picking up the room. In the next fifteen minutes the dishes are washed; ten minutes is then allowed for reading the morning paper, etc., and so on throughout the whole day.

Of course, the older housewives make great fun of her, but I notice that she gets more time to herself and a great deal more out of life than they do.

"What use is it to keep account of the way you spend your time?" says one of the stick-to-the-rut housewives.

And yet this woman would call anyone shiftless who did not keep an accurate account of household expenses.

Why not say, "the money is gone and that's all there is to it." The expense account shows you how you are spending your money. It makes you realize if you are devoting a disproportionate sum to any purpose, and it helps you to stop leaks.

Very well, why shouldn't the time account do the same.

Of course any housewife knows it's possible to stick absolutely to any exact system. Accidents and interruptions will happen in the best regulated of families. But to have a plan and stick as closely to it as possible and feasible certainly helps us to be more economical of our time.

In the words of Victor Hugo, "He who every morning plans the transactions of the day and follows out that plan, carries a thread that will guide him through the labyrinth of the most busy life. He who does not plan his life is like a ray of light which darts itself through all his operations. But where no plan is laid, where the disposal of time is surrendered merely to the chance of incidents, chaos will soon reign."

Day Hints For the Cook

SPONGE CAKE.
Two eggs, 1 cup of sugar, 1 cup of flour, 1 teaspoon of baking powder, 2 1/2 cups of boiling water, 1 teaspoon of vanilla. Frosting, 1 teaspoon of melted butter, 2 teaspoons of hot water, 1 teaspoon of cocoa and add enough powdered sugar to thicken.

ORANGE CAKE.
Cream three-quarters of a cup of butter, add slowly two cups of the granulated sugar and cream together. Sift together two teaspoons of baking powder with three cups of pastry flour. Add one tablespoon of the prepared flour to the creamed butter and sugar, then add four eggs, one at a time, without first having beaten them. Add a tablespoon of flour before breaking in each egg, and continue adding the flour alternately with one cup of milk. Flavor with one teaspoon of extract of orange. Bake in two pans in a moderate oven about 35 minutes, or until the cake shrinks slightly from the edges.

Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day. Cures Grip in Two Days. 25c.

Millionaire Thomas Married
After a long search for a pastor, E. R. Thomas, a New York millionaire and clubman, and Miss Elizabeth Rebecca Finley were married in New York last Tuesday and were in Boston at the Touraine on Wednesday for a stay before they sail for Paris where they will live.

Read F. S. Thomas' advertisement.

Special Values in Men's Wear.
Saturday at Corbet's

Men's Heavy Top Shirts, regular \$1.00 value, for 75 cents.

Men's Heavy All-Wool Underwear, 75 cents.

Men's Heavy Coat Sweaters, regular \$5.00 value, for \$4.00.

Men's Pants, \$1.23, \$1.49, \$1.68, \$1.78 to \$3.29.

Men's Cashmere Half-Hose, regular 50c value, for 27 cents.

CORBET'S
196 Union Street

Here Is Better Values in MEN'S UNDERWEAR



Has the weather man suggested a change in your underwear? All the comfortable weights in Winter Underwear are here—the best brands—every wanted size. Suppose you drop in to look over our stock.

Men's winter weight Wool Underwear, 48c. a garment.

Men's heavy ribbed Wool Underwear, at 58c., 68c., 88c.

Men's Fleece-Lined Underwear, at 35c. and 45c. a garment.

We have just opened a big shipment of the celebrated Stanfield's Unshrinkable Underwear and Sweaters.

WIEZEL'S
Corner Union and Brussels Streets

MRS. RUTLEDGE RECEIVES A LIFE MEMBERSHIP CERTIFICATE

One of the features of the twenty-fifth annual meeting of the Women's Missionary Society of Queen Square Methodist church last evening, was the presentation of a life membership certificate to Mrs. William Rutledge, one of the charter members of the organization. The presentation was made by Mrs. Stoeper, the first vice-president of the society, and was attended by speeches of congratulation from the president, Mrs. Sarah Groulx and other members.

There was a very large attendance at the meeting and Rev. Mr. Reddick, who lately returned from missionary duty among the Indians of British Columbia, gave a very interesting address on his experiences and work there. He spoke of the good work being done by women's missionary societies and chiefly of the great influence the missions had on the girls and young women. From his experience Mr. Reddick was able to give some interesting details of the missionary work in British Columbia and he made a strong impression upon his audience.

A collection for the red fund was taken up. This fund is for the purpose of providing for those missionaries who are too old to continue their work or who have retired on account of ill health and there was a large sum subscribed by the members present last night.

The meeting of the united missionary societies of the various churches of the city will be held on November 28 in the Queen Square Methodist church, where there will probably be some important matters discussed.

HOME RULE AMENDMENT DEFEATED

There was a long debate in the House of Commons last Monday night over an amendment to the Irish home rule bill, offered by John Robert Newman, Unionist, providing for the application of the principle of proportional representation in the election of members of the Irish House of Commons.

The parties split up on the question. Timothy Healy and his followers among the Irish Nationalists supported the amendment, while the government opposed it. Bonar Law, the conservative leader, and Arthur J. Balfour, the former leader, supported the amendment in speech but it was rejected by a vote of 265 to 162.

Exhausted Nerves Sleepless Nights

Continually Grew Worse Until Dr. Chase's Nerve Food Restored Vigor and Strength.



What misery to lie awake nights and think of all sorts of things without being able to get the rest and sleep which is necessary to restore the nervous energy wasted in the tasks of the day.

This symptom of sleeplessness is one of the surest indications of an exhausted nervous system. You must have sleep or a breakdown is certain. Dr. Chase's Nerve Food feeds the feeble, wasted nerves back to health and strength. In a few days you obtain the natural, restful sleep which helps so materially in restoring vitality to the nerves and strength to the whole body.

Mrs. Sarah Campbell, 108 Alma street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse.

"I began using Dr. Chase's Nerve Food, and it was not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well.

"Dr. Chase's Nerve Food, 50c a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

REV. J. C. B. APPEL OF ST. JOHN PRESIDENT

Close of Sunday School Convention — Sensational Queries by Clergyman to Moncton Council

Moncton, Nov. 7.—The N. B. and P. E. Island Sunday School Association closed its annual convention tonight.

President F. R. Murray, St. John, presented a splendid report on Adult Division. The number of classes reported is 135, compared with 110 the year previous. An association, the report said is arranging a strong forward movement looking to the organization of 20,000 classes on June 25. Last year the classes reported were 31,240. The number allotted to St. John is 109.

Rev. H. R. Boyer presented a paper on the Adult Standard of Service. Men for men, and women for women, he said, is the key to the success of adult Bible classes.

Mrs. G. A. Lawson, Moncton, gave an excellent address on the Activities of a Woman's Adult Bible Class.

Rev. W. A. Rose continued his series of talks on How the Mind Works, his subject being The Will, secretary.

Rev. Dr. W. H. Smith gave instructive addresses on The Power of the Subconscious Religion.

Robert Reid, St. John, submitted the report of the nominating committee, recommending as follows: President, Rev. J. C. B. Appel, St. John; vice-president, Rev. J. H. Anderson, St. John; recording secretary, B. B. Jordan, St. John; treasurer, A. H. Chipman, St. John; secretaries of divisions, elementary, Mrs. W. A. Rose, St. John; secretary, Rev. S. J. McArthur, Newcastle; adult, Rev. J. A. Wilson, Fredericton; home and visitation, Rev. C. F. Flemmington, St. John; Sunday school education, Rev. J. B. Ganong, Havelock; temperance, Rev. W. Wiggins, Moncton; missionary, Rev. W. J. Kirby, Point de Bute; I. B. R. A., Rev. R. T. Mawhinney, Mac's Bay. Adopted.

The convention was brought to a close this evening, Rev. Dr. Murray, president, read the devotional service; Mrs. Bryner gave an address on Sunday School Progress During the Last Decade. Rev. Dr. Smith spoke on Religion as an Educational Process. The address of the evening was given by Dr. G. Campbell on The Vision for the Teacher of Today. The convention then closed.

At tonight's meeting of the city council a statement from the Moncton Tramways Electricity & Gas Company was read showing gross receipts from natural gas for three months ended Sept. 25 last, to be \$6,483.68.

Rev. J. L. Batty wrote the council asking certain questions regarding the actions of Police Magistrate Steeves when he was occupying the position of city solicitor. He asked if it was true that on March 6, 1912, Judge Kay sentenced a certain rum seller to a month's imprisonment and on the case being appealed Mr. Steeves allowed it to go by default before the higher court. He asked if it was true that a case against a certain wholesale rum seller of St. John had passed from Kay's court into Steeves' hands last May and had never been heard of since. Further he wanted to know if Magistrate Steeves, as city solicitor, accepted \$50 from a prisoner in payment of \$80 fine imposed by Magistrate Kay.

No action was taken by the council on the communication.

OLD-TIME REMEDY DARKENS THE HAIR

Gives Color, Lustre to Faded and Gray Hair—Dandruff Quickly Removed

For generations Sage and Sulphur have been used for hair and scalp troubles. Almost everyone knows the value of such a combination for keeping the hair a good color, for curing dandruff, itching scalp and falling hair, and for promoting the growth of the hair. Keen on the only way to get a Hair Tonic of this kind was to make it in the home, which was troublesome and not always satisfactory. Now, almost any up-to-date druggist can supply his patrons with a ready-to-use product, skillfully prepared in perfectly equipped laboratories.

An ideal preparation of this sort is Weyth's Sage and Sulphur Hair Remedy, in which Sage and Sulphur are combined with other valuable remedies for scalp troubles and this, what is most to be desired, is color coming out. After using this remedy for a few days, you will notice the color gradually coming back, your scalp will feel better, the dandruff will soon be gone, and in less than a month's time there will be a wonderful difference in your hair.

Don't neglect your hair if it is full of dandruff, losing its color or coming out. Get a city sized bottle of Weyth's Sage and Sulphur from your druggist and see what a few days' treatment will do for you. All druggists sell it, under guarantee that the money will be refunded if the remedy is not exactly as represented. Agents: Wasson's Drug Store, 100 King and 679 Main.

AWAY WITH CATARRH A FILTHY DISEASE

A Safe Old-Fashioned Remedy Quickly Relieves All Distressing Symptoms

If you are subject to frequent colds, or if you have any of the distressing symptoms of catarrh, such as stuffed up feeling in the head, profuse discharge from the nose, sore in the nose, phlegm in the throat causing hacking and spitting, dull pain in the head or ringing in the ears, just about the nostrils or rub the throat, or chest with a little Ely's Cream Balm, and see how quickly you will get relief.

In a few minutes you will feel your head clearing, and after using the Balm for a day or so the nasty discharge will be checked, the pain, soreness and fever gone, and you will no longer be offensive to yourself and your friends by constant hacking, spitting and blowing.

Shake off the grip of catarrh before it impairs your sense of taste, smell and hearing and poisons your whole system. In a short time you can be completely cured of this distressing disease by using Ely's Cream Balm. This healing, antiseptic Balm does not fool you by short, deceptive relief, but completely overcomes the disease. It clears the nose, head and throat of all the rank poison, soothes, heals and strengthens the raw, sore membranes, making you proof against colds and catarrhs.

An application will convince you, and a 50 cent bottle will generally cure the worst case of catarrh. It is guaranteed. Get it from your druggist today.

Agents: Wasson's Drug Store, 100 King and 679 Main.

ST. JOHN 'LONGSHOREMEN' WILL BE INTERESTED

Boston, Nov. 7.—The importance of St. John as a shipping port became apparent today when a movement was set on foot to have the "longshoremen" of that city, Montreal, Quebec and Halifax federate with their confederates in New York, Boston, Brooklyn, Hoboken and Portland.

At the conference, which opened here, the opinion was unanimously expressed that a new district organization, allied with the existing international union, should be formed, that the men in eastern Canada should act with Boston, New York and Portland longshoremen on wage questions and strikes.

If the plan proves a success, it is understood the longshoremen at the ports named would refuse to load and unload steamers of any line involved in strike at any of the other cities mentioned.

J. E. Tighe, of St. John, was appointed on the organization and credentials committee. John O. Montague, of St. John, to the committee on rules, and F. Hyatt, St. John, on resolutions.

Tighe is international vice-president.

Railway travelling in Hungary is said to be cheaper than in any other country.

SHIPPING

ALMANAC FOR ST. JOHN, NOV. 8.

A.M.	P.M.
High Tide.....10:48	Low Tide.....17:03
Sun Rises.....7:18	Sun Sets.....4:28

The time used is Atlantic standard.

PORT OF ST. JOHN.

Arrived Yesterday.

Str Calvin Austin, 2,083, Pike, Boston via Maine ports.

Sch Benzie, 3, Beach, 284, McKeague, Saco (N.S.).

Sch W & W L. Trich, 385, Haley, South Amboy, 297 tons coal for J. S. Gibbon.

Sch Aloosa, 2, Garton, New York.

FOREIGN PORTS.

New York, Nov 7—Ard, schs Mary Heddy, Halifax; Rebecca M. Walls, St. John; Elms, do; Hazel L. Ritchey, Sherbrooke (N.S.); Eskida, Estonsville; Percy C. Gold River (N.S.); King Josiah, Parrsboro, Vineyard Haven, Nov 7—Ard, schs James T. Maxwell Jr., Chatham; Grace Darling, Elizabethport; Russell E. Potts, do.

Nov 7—Ard, schs B. I. Hazard, Weymouth.

Portland, Nov 7—Ard, schs Annie F. Conlon, Newcastle; L. A. Plummer, New York.

New York, Nov 7—Ard, str New York, Southampton.

CANADIAN PORTS.

Flat Point, N. S. Nov 7—Outward, str Rossano, Bailey, Sydney for St. John.

Hawkebury, N. S. Nov 6—Ard, sch Thomas W. H. White, Gardiner (Me.).

BRITISH PORTS.

London, Nov 7—Ard, str Ascania, Montreal.

Portland, England, Nov 7—Passed, str Petria, Crossley, bound from Rosario to Denmark.

FOREIGN PORTS.

New York, Nov 7—Ard, schs Mary Heddy, Halifax; Rebecca M. Walls, St. John; Elms, do; Hazel L. Ritchey, Sherbrooke (N.S.); Eskida, Estonsville; Percy C. Gold River (N.S.); King Josiah, Parrsboro, Vineyard Haven, Nov 7—Ard, schs James T. Maxwell Jr., Chatham; Grace Darling, Elizabethport; Russell E. Potts, do.

Nov 7—Ard, schs B. I. Hazard, Weymouth.

Portland, Nov 7—Ard, schs Annie F. Conlon, Newcastle; L. A. Plummer, New York.

New York, Nov 7—Ard, str New York, Southampton.

MARINE NOTES.

At Campbellton, loading lumber for the Shives Lumber Company for Rosario are

Good Furniture--Attractive Prices Satisfied Customers

HAS MADE **J. MARCUS** THE MOST Popular Furniture House in the city, and we might possibly add in the province, as we also have a large out-of-town trade.

If you have any furniture wants read our advertisements. You will always find prices that will save you money.

J. MARCUS, 30 DOCK ST.

Sixty Per Cent. of the Homeless Blame Drink

New York, Oct. 29—A "Straw Vote" of nearly 20,000 destitute and homeless men on the streets of New York City, just completed by the Charity Organization Society, shows that 60 per cent. ascribe that destitution to intemperance; 17 per cent. to sickness and injury, and 23 per cent. to old age and slack work.

We claim that a city of 500,000 population furnishes at least 500 drunkards annually. Look at our own little city with a population of 100,000, over 300 men and women have been successfully treated for alcoholism in the past year, and how many more do you know that need a treatment? What better good can you do than save a poor fellow from destitution or a drunkard's grave? Think of the poor little children and mothers at home. Do you realize what happiness and sunshine could be brought into each one of these poor unfortunate homes, if they could be persuaded to take some sure, safe and harmless treatment where they would be freed forever from this curse.

If you have a friend or loved one at home who needs our help, try and persuade him to spend three days at the St. John Neal Institute. The treatment that makes homes happy.

NEAL INSTITUTE, 46 Crown St., Cor. King St. East, St. John, N. B. 'Phone Main 1685

GROWS BEAUTIFUL, HEAVY HAIR

WE PROVE IT--25 CENT "DANDERINE"

Destroys Dandruff—Stops Falling Hair—Cleans and Invigorates Your Scalp—Delightful Dressing

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25 cent bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when everyone who tries this.

NEAL INSTITUTE, 46 Crown St., Cor. King St. East, St. John, N. B. 'Phone Main 1685

GROWS BEAUTIFUL, HEAVY HAIR

WE PROVE IT--25 CENT "DANDERINE"

Destroys Dandruff—Stops Falling Hair—Cleans and Invigorates Your Scalp—Delightful Dressing

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25 cent bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when everyone who tries this.