

# POOR DOCUMENT M C 2 0 3 5

THE EVENING TIMES AND STAR, ST. JOHN, N. B., SATURDAY, OCTOBER 4, 1919

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## WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash Poisons and toxins from system before putting food into stomach.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed & sucked into the blood stream, through the lymph ducts which should suck only nourishment.

A splendid health measure is to drink, before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and freshening the alimentary canal before eating your food.

A quarter pound of limestone phosphate costs but very little at the drug store, but is sufficient to make anyone an enthusiast on inside bathing.

## LOCAL NEWS

Try a package of Cream of Barley and if you are not satisfied after using one-half package according to directions return it to your grocer and get your money back.

Demand Union Label. Ask for Cosmopolitan 10c and Pippin 7c, cigars. 17989-10-9

Ladies' suits \$30 up to \$75. New York and Paris fashions. A. Morin high class tailor, 82 German. 10-6

Demand Union Label. Ask for Cosmopolitan 10c and Pippin 7c, cigars. 17989-10-9

### NOTICE

Notice is hereby given that the firm of Komensky & Baig have dissolved partnership and all customers having bought merchandise up till August 23 will make their payments at Baig's Cash and Credit, 35 Charlotte street, up stairs. 10-6

Y. W. P. A. rummage sale, Oct. 4th, King Square, next LaTour Apartments. 10-4

Woodmere class Saturday, 9:30; Arlington orchestra. 10-4

### WANTED

Marine Freight Handlers' Union, local 388, will hold special meeting in their hall, Market Place, west end, Sunday afternoon 2 o'clock (standard time). All members requested to attend. By order of president. 10-6

### FREE NIGHT SCHOOL

If twenty persons from north or west end desire to enter classes, a free night school will be opened at the Y. W. P. A. at school board office, corner Union and Hazen Avenue at once. 10-7

### NOTICE

Marine Freight Handlers' Union, local 388, will hold special meeting in their hall, Market Place, west end, Sunday afternoon 2 o'clock (standard time). All members requested to attend. By order of president. 10-6

### MEATS

Corn beef, 15c. lb.; stew meat, 15c.; beefsteak, 30c.; roast beef, 18c.; pork chop, 38c.; roast pork, 30c.; moose steak, 35c.; mutton, 20c.; potatoes, 35c. peck; butter, 60c. lb.; eggs, 60c. dozen; lamb, 22c.; H. Tobias, 71 Erin street. Phone 1746-21. 10-6

## MORNING NEWS OVER THE WIRES

At the inquest held yesterday afternoon by Coroner Lindsay in Woodstock to inquire into the death of Inspector Meagher, the jury brought in a verdict that the inspector died as a result of heart failure.

The bodies of American soldiers who were buried in foreign lands, excepting France, are to be brought home for interment.

Duchess Charlotte of Sax-Meiningen died yesterday. She was a sister of the ex-Kaiser.

A religious order has been formed in Omsk, Russia, to combat the enemies of Russia. It has a branch known as Crusaders.

In floods in southeastern Spain recently much financial loss has occurred, and at least 100 people have been drowned.

The I. O. O. F. national executive in Toronto has decided to organize a campaign to raise \$500,000 for a war memorial to Canada's dead in the recent conflict.

## RECENT WEDDINGS

Burke-Saban.

An interesting wedding took place, last evening at the home of Mr. and Mrs. Robert C. Saban of Sheriff street when his daughter, Lila Matilda, was united to marriage to Arthur W. Burke of Lockport (N. S.). The bride was attended by her sister, Blanche, and the groom was supported by Henry Millbury, recently returned from the front. The ceremony was performed by Rev. Neil MacLaughlin in the presence of the bride's friends and a goodly number of guests. After the marriage the guests partook of a repast.

Miss Alice Maud Platt of Caracquet was married on Oct. 1 at Caracquet to Leonard St. J. LaSalle, late of Jersey, Channel Islands. The ceremony was performed by Rev. J. A. Cooper, D. D. The groom served overseas with the 8th Grenadier Guards.

In the Catholic church at Nelson on Wednesday morning Rev. Father Power united in marriage Miss Inez Carrigan to D. J. Buckley of Newcastle.

Liberal Won.

Charlottetown, P. E. I., Oct. 3.—The opposition to the choice of Hon. C. W. Cross as commissioner of public works has proved fruitless. The Conservatives offered Thos. Wigmore against him and Mr. Cross not only defeated him but increased his majority in the last election from 88 to 354. The vote was: Cross, 778; Wigmore, 424.

## CANADIAN ATHLETES ARE UNDEVELOPED

Howard Valentine Criticizes the Lack of Organization Throughout Dominion

New York, Oct. 4.—Howard Valentine in the Evening Globe says: The prospect of Canada becoming a leader in track and field sports is as remote as ever. Attention is called to this condition of affairs by the results at the recent athletic games held in connection with the Canadian National Exposition at Toronto, in which the American athletes, as usual, held a perfect field day.

There seems to be no good reason why the Dominion athletes should not be as efficient and nearly as numerous as their American cousins if the sport could gain something like the impetus that it enjoys pretty generally throughout the United States. Surely, no country on the face of the earth has finer material from which to develop athletic champions than has the Dominion. The war proved conclusively that the youth of Canada is right up to standard, both in the matter of physical set-up and in the spirit of initiative necessary for athletic success.

Canada's athletic problem then seems to be of organization. In short, Canada has no amateur athletic union, intercollegiate A. A. A. and public schools as we know them. When its all said and done, the thing that keeps the sport boiling in this country, summer and winter, is the great number of competitions that are held, indoors and outdoors. These competitions are the direct result of the activities promoted and encouraged by the above named associations and others of a similar character which operate in all parts of the Dominion.

There are, generally speaking, two athletic districts in Canada—one centring around Montreal and the other around Toronto. Formerly Montreal was the unchallenged athletic capital of the Dominion, but in recent years Toronto, through the efforts of its several athletic organizations, has rather pushed Montreal into the background. Much of the development in the Toronto district, too, has been due to the athletes there having the benefit of frequent indoor competitions at Buffalo, N. Y., where nearly a score of meets are held during the winter season.

That intensive organization is what Canadian track athletes need is proven well by the flourishing condition that hockey enjoys in the Dominion. Here is a game that is organized and pushed to the limit in every college, school, and club. There is not a hamlet in Canada where live seven men with four capable limbs that does not boast of its hockey team. The answer is perfectly simple. Hockey is played in schools, colleges and clubs just as regularly as the Canadian football. There are leagues of every conceivable sort, with the natural result that the game has become a real part of Canada's winter life.

Tennis, which has become one of the greatest of American games, languishes in Canada. We have a score of high class players to Canada's one and the idea of a Canadian coming to the States to win one of our tournaments is never thought of. What's the answer here? Why, organization—the United States National Lawn Tennis Association. Nothing could be more simple. There probably never has been a finer example of what organization will do for a sport than the work that the U. S. N. L. T. A. has accomplished by its policies and its labors during the last three years.

Through the tireless and intelligent efforts of its officials and committees the tennis association has broadened the scope of its activities and increased general interest in tennis in a manner that is almost unbelievable, and it is only because of such bodies to push its sports that prevents Canada from being one of the leaders of the world in general athletics.

Devices to Find Ships in Fog. Sydney, N. S., Oct. 4.—A wireless direction-finder apparatus for locating ships in fog is to be erected by the Dominion Government at Cape Race. The plant is now in Sydney awaiting the Government steamer Arrammore. She is expected to arrive today and will load the apparatus immediately and proceed at once to Cape Race. It is the government's intention to erect several plants of this kind along the Nova Scotia coast.

G. W. V. A. FOR HAMPTON. The great war veterans of Hampton and vicinity met together Thursday evening in the Court House for the purpose of organizing a branch of the G. W. V. A. in that place. The matter was thoroughly discussed and a committee appointed preparatory to organization. There are a large number of the veterans in that vicinity and the nearest association is St. John or Sussex. Another meeting will be called in a short time to hear the report of the committee.

Navy League Postpones Campaign. On account of the small attendance at the meeting called for yesterday to arrange for the Navy League drive on Nelson Day, it was decided to postpone the campaign until later on. E. L. Rising, president, Col. E. T. Sturges, addressing the few who were present, pointed out the fact that although 190 were asked to attend, there was only a handful present. R. E. Armstrong, H. C. Schofield and C. B. Allan also spoke at the meeting.

## PYREX OVEN-WARE

In Casseroles, Custard Cups, Pudding Dishes, Bread Pans, Oval Baking and Cake Dishes, Pie Plates, Etc.

O. H. WARWICK CO., LTD.

78-82 King Street

A Big Cut in the Price of Choice Western Government Inspected

## MEATS

—at—  
**MAGEE & WARREN'S**  
423 Main Street

Store Open Tonight

Choice Western Roast Beef	16c. to 20c. lb.
Round Steak	32c. per lb.
Sirloin Steak	36c. per lb.
Roast Lamb	20c. per lb.
Lamb Chops	30c. per lb.
Roast Pork	32c. per lb.
Pork Chops	36c. per lb.
Moose Steak	35c. per lb.
Strictly Fresh Eggs	65c. per doz.
Choice Butter	60c. per lb.
Cooked Ham	50c. per lb.

All Vegetables at Lowest Prices

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There's only ONE reason why you don't drink "B" Brand Cider. That's because you don't know its merits.

The Maritime Cider Co. St. John, N. B.

## POTATOES

Potatoes, per bushel	\$1.25
Apples, per peck	32c.
Carrots, per peck	25c.
Beets, per peck	35c.
Squash, per peck	35c.
Salmon (1s.)	20c.
Sardines	4 for 25c.
Smoked Fish	25c. box
3 lb. pail Shortening	95c.
Crisco	33c.
1 lb. block Shortening	35c.
Orange Pekoe Tea	45c.
3 Cold or Surprise Soap	25c.
4 Comfort or Lenox Soap	25c.
Yellow-eyed Beans	18c. qt.

WALTER S. LOGAN  
Phone M. 720. 554 Main St.

## Parkinson's Cash Stores

113 Adelaide St.—M. 962.  
East St. John Post Office  
M. 279-11

Finest Orange Pekoe Tea	45c. lb.
King Cole or Red Rose	55c. lb.
Fresh Ground Coffee	55c. lb.
Brown Sugar 9/4 pounds for a Dollar	
Finest Buckwheat	3 for 25c.
Finest Corn Flour	4 for 25c.
Finest Oatmeal	3 for 25c.
Surprise or Gold Soap	3 for 25c.
White Knight	4 for 25c.
Red Eye Beans	18c. qt.
White Beans	18c. qt.
Pork	35c. lb.

Other Goods Equally Cheap.

## Good Values At MALONE'S

9 lb. can Crisco	\$2.10
6 lb. can Crisco	2.05
1 lb. can Crisco	1.05
1 lb. can Crisco	35c.
3 lb. can Domestic Shortening	95c.
9 lb. can Domestic Shortening	1.60
3 cakes Gold Soap	25c.
3 cakes Surprise Soap	25c.
3 cakes Sunny Monday Soap	25c.
5 cakes Small Lenox Soap	25c.
5 cakes Sail Soap	25c.
Best White Pickling Vinegar	35c. gal.
Best Colored Pickling Vinegar	35c. gal.
Pure Whole Pickling Spices	25c. lb.
Green Tomatoes	20c. peck
Royal Household or 5-Roses Flour	98 lb. bag \$5.95

Red Rose Coffee is as generously good as Red Rose Tea

## PAINLESS EXTRACTION

Only 25c

We make our best teeth in Canada at the most reasonable rates.

BOSTON DENTAL PARLORS

Head Office: 527 Main St. Phone 608  
Branch Office: 35 Charlotte St. Phone 408  
DR. J. D. MAHER, Prop.  
Open 9 a. m. to 9 p. m.

For reliable and professional service, call at S. GOLDFEATHER Optician  
629 Main St. Office upstairs  
Open from 9 a. m. to 9 p. m.  
Phone Main 3413-11

## VOTE —FOR— ALLAN and CAMPBELL

In Lancaster Welfare Non-Political Ticket  
17972-10-19.

There's only ONE reason why you don't drink "B" Brand Cider. That's because you don't know its merits.

The Maritime Cider Co. St. John, N. B.

## ROBERTSON'S STORES

Everything Good to Eat

CLEANLINESS—SERVICE—QUALITY

## REAL SPECIALS ON QUALITY GROCERIES

10 lbs. Finest Granulated Sugar	\$1.15
10 lbs. Light Brown Sugar	\$1.05
24 lbs. bag Robin Hood Flour	\$1.53
98 lb. bag Five Roses Flour	\$5.95
98 lb. bag Purdy Flour	\$6.15
98 lb. bag Royal Household Flour	\$5.95
Finest Orange Pekoe Tea	45c. lb.
King Cole or Red Rose Tea	54c. lb.
Salada Tea	59c. lb.
Our Special Blend Coffee, fresh ground	52c. lb.
Finest Cheese	32c. lb.
Finest Creamery Extra Choice Dairy Butter	60c. lb.
Strictly Fresh Eggs	67c. doz.
4 lbs. Best Onions	for 25c.
Finest Delaware Potatoes	32c. peck
Finest Small White or Red Eye Beans	\$1.25 the Bushel
3 lbs. Split Peas	for 25c.
3 lbs. Barley	for 25c.
Cream of Wheat	10c. per lb.
Borden's Eagle Brand Milk	22c. tin
Mayflower Milk	19c. tin
2 tin St. Charles Evaporated	for 25c.
2 Large Tins Carnation Milk	for 35c.
2 pkgs. Puffed Wheat	for 25c.
2 pkgs. Puffed Rice	for 25c.
2 pkgs. Whetley's Mince Meat	for 25c.
2 pkgs. Corn Starch	for 25c.
2 pkgs. Mixed Starch	for 25c.
Macaroni	13c. pkg.

## E. R. & H. C. ROBERTSON

11-15 Douglas Avenue. M 3461-M 3462  
Corner Waterloo and Golding Streets. M 3457-M 3458

## Quality and Service at BROWN'S GROCERY COMPANY

86 Brunsels St. Phone 2666  
267 King St. West. Phone 168

98 lb. Bag Royal Household	\$5.95
98 lb. Bag Robin Hood	\$5.95
49 lb. Bag Robin Hood	3.15
24 lb. Bag Royal Household	1.59
2 tin St. Charles Milk	for 25c.
1 lb. King Cole Tea	55c.
1 lb. Orange Pekoe Tea	45c.
1 lb. Lipton's Cocoa	49c.
1 lb. Fry's Cocoa	50c.
2 pkgs. Puffed Rice	25c.
2 pkgs. Pure Gold Tapioca	25c.
2 pkgs. Pure Gold Chocolate	25c.
Cheese, per pound	33c.
4 lbs. G. Oats	30c.
3 Surprise Soap	25c.
3 Gold Soap	25c.
3 Fairy Soap	25c.
Best White Pickling Vinegar	35c. gal.
3 Gold Dust	25c.
4 lbs. New Onions	25c.
Special Brown's 4-string Broom	65c.
Apples, Apples, Apples	25c. peck.
Tomatoes, Preserving Peas, Vinegar, Spices and Peppers, best quality at low prices.	

Good delivered all over the City, Carleton, Fairville, etc.  
NOTICE—Choice Lamb, Beef, Pork at West End Meat Market at lowest prices. Call West 166.

M. A. MALONE  
Successor to Yerraz Grocery Co.  
516 Main St. Phone M. 2913

## FRAMES

For Your Snapshots 10c. to 60c.  
Very Attractive Frames for all sizes Snapshots. Gilt, Walnut, Embossed and Plain. All ready with Hangers and Glass.

WASSONS FOR LOW MAIN STREET PRICES

MILL REMNANTS

Mill Remnants of Galatea Stripes and Shirtings  
A Special Lot of Checked Shaker Remnants, Suitable for Quilt Linings—Wonderful Values  
245 Waterloo Street Store Closed 6 Saturday 10. CARLETON'S

See Them Smiling  
Watch the expression of delight in Jimmy's eyes. Observe the broad grin on Dad's face. They knew what was coming for dessert and were careful not to eat too much beforehand. That's the only fault with Pure Gold Quick Puddings—they're so good the family is never satisfied. But mother doesn't mind because it only takes her a few minutes to prepare them. Order a supply from your grocer. Tapioca, custard and chocolate, 15 cents a package.

## Pure Gold Desserts QUICK PUDDINGS

Pure Gold Manufacturing Co., Ltd., Toronto

Horlick's Malted Milk  
Used successfully everywhere nearly 1/2 century  
Made under sanitary conditions from clean, rich milk, with extract of our specially malted grain.  
The Food-Drink is prepared by stirring the powder in water.  
Infants and Children thrive on it. Agree with the weakest stomach—the most delicate and aged.  
Invigorating as a Quick Lunch at office or table.

Ask for Horlick's And Get The Original

## ROBERTSON'S STORES

Everything Good to Eat

CLEANLINESS—SERVICE—QUALITY

## REAL SPECIALS ON QUALITY GROCERIES

10 lbs. Finest Granulated Sugar	\$1.15
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Finest Cheese	32c. lb.
Finest Creamery Extra Choice Dairy Butter	60c. lb.
Strictly Fresh Eggs	67c. doz.
4 lbs. Best Onions	for 25c.
Finest Delaware Potatoes	32c. peck
Finest Small White or Red Eye Beans	\$1.25 the Bushel
3 lbs. Split Peas	for 25c.
3 lbs. Barley	for 25c.
Cream of Wheat	10c. per lb.
Borden's Eagle Brand Milk	22c. tin
Mayflower Milk	19c. tin
2 tin St. Charles Evaporated	for 25c.
2 Large Tins Carnation Milk	for 35c.
2 pkgs. Puffed Wheat	for 25c.
2 pkgs. Puffed Rice	for 25c.
2 pkgs. Whetley's Mince Meat	for 25c.
2 pkgs. Corn Starch	for 25c.
2 pkgs. Mixed Starch	for 25c.
Macaroni	13c. pkg.

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11-15 Douglas Avenue. M 3461-M 3462  
Corner Waterloo and Golding Streets. M 3457-M 3458

## Quality and Service at BROWN'S GROCERY COMPANY

86 Brunsels St. Phone 2666  
267 King St. West. Phone 168

98 lb. Bag Royal Household	\$5.95
98 lb. Bag Robin Hood	\$5.95
49 lb. Bag Robin Hood	3.15
24 lb. Bag Royal Household	1.59
2 tin St. Charles Milk	for 25c.
1 lb. King Cole Tea	55c.
1 lb. Orange Pekoe Tea	45c.
1 lb. Lipton's Cocoa	49c.
1 lb. Fry's Cocoa	50c.
2 pkgs. Puffed Rice	25c.
2 pkgs. Pure Gold Tapioca	25c.
2 pkgs. Pure Gold Chocolate	25c.
Cheese, per pound	33c.
4 lbs. G. Oats	30c.
3 Surprise Soap	25c.
3 Gold Soap	25c.
3 Fairy Soap	25c.
Best White Pickling Vinegar	35c. gal.
3 Gold Dust	25c.
4 lbs. New Onions	25c.
Special Brown's 4-string Broom	65c.
Apples, Apples, Apples	25c. peck.
Tomatoes, Preserving Peas, Vinegar, Spices and Peppers, best quality at low prices.	

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100 Princess St., Phone M. 642  
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10 lbs. Granulated Sugar \$1.13