

Benefits Catarrh

RAILROAD MAN NOW STANDS ALL WEATHER



Mr. Joseph Conley

The regular use of Duffy's Pure Malt Whiskey has built up the system of Mr. Joseph Conley, so that he is able to brave the exposure that his work as a railroad man necessitates. He has also been of great benefit for catarrh.

Duffy's Pure Malt Whiskey

stimulates the mucous surfaces and little glands of the stomach to healthy action, improving the digestion and assimilation of food, and giving to the system its full proportion of nourishment. It is a wonderful remedy for all cold weather complaints and in the prevention and relief of coughs, colds, bronchitis, grip, nervousness, typhoid, and other diseases of the throat and lungs; recognized as a medicine by doctors of all schools.

BE SURE YOU GET DUFFY'S Sold by druggists, dealers and hotels in SEALED BOTTLES ONLY. Get the genuine and be sure the seal over the cork is unbroken. If you can't procure it, let us know and we will tell you how. Write for free doctor's advice and book of recipes for table and sick room. The Duffy Malt Whiskey Co., Rochester, N. Y. The Canadian Drug Co., Ltd., Local Distributors.

IN PARLIAMENT

Naval Debate Continued - The Position of Labor Party

Ottawa, Feb. 11.-The organized labor men of Canada tonight opened their views on the naval question through A. Verville, the only labor member in parliament. He demanded a vote on the naval program and Mr. Verville moved an amendment to that effect.

Mr. Carroll, of Cape Breton, declared that Premier Borden could not be elected in Halifax on account of his proposal to have the Canadian navy built outside this country.

"It is an enemy of the British empire I would hold up both hands for the Borden policy," declared Hon. Rodolph Lemieux, in the course of his eloquent speech resuming the naval debate in parliament today. He fortified the declaration by that of Mr. Borden in 1906, when the present premier made his memorable parliamentary announcement that any attempt to solve the question of imperial naval support by contribution, or other than by the construction of a Canadian navy, would be to lessen rather than strengthen the ties of the empire.

"This is a man's job let's do it man's way, and do it right." Such was Ontario's message as delivered to parliament in a telling speech by Mr. Farley, the chief Liberal whip, who followed.

Speaking for organized labor, he said:

Little Beauty Chats

By BLANCHÉ BEACON

Eat Carrots and Acquire Red Cheeks

WHY is your skin sallow and dull-looking, little miss? Very possibly you do not know, so I will tell you. It lies on a nutshell, as it were. You have neglected to eat carrots. I cannot blame you for this omission, however, as it is not every woman who knows that pink cheeks belong by rights to the carrot eater.



Daily Hints For the Cook

BOSTON HOUSEKEEPERS BAKING POWDER

One pound, 2 ounces cream of tartar, 1/4 pound soda, 1/2 pound of cornstarch. Sift all through a fine strainer six or seven times.

TURKEY SAID TO HAVE ENOUGH

London, Feb. 11.-It is becoming increasingly evident that Turkey is taking steps to resume the peace negotiations, although it is possible that no direct action will be taken until some decisive result in the fighting in the Gallipoli peninsula has been received.

COLDS CAUSE HEADACHE AND GRIP

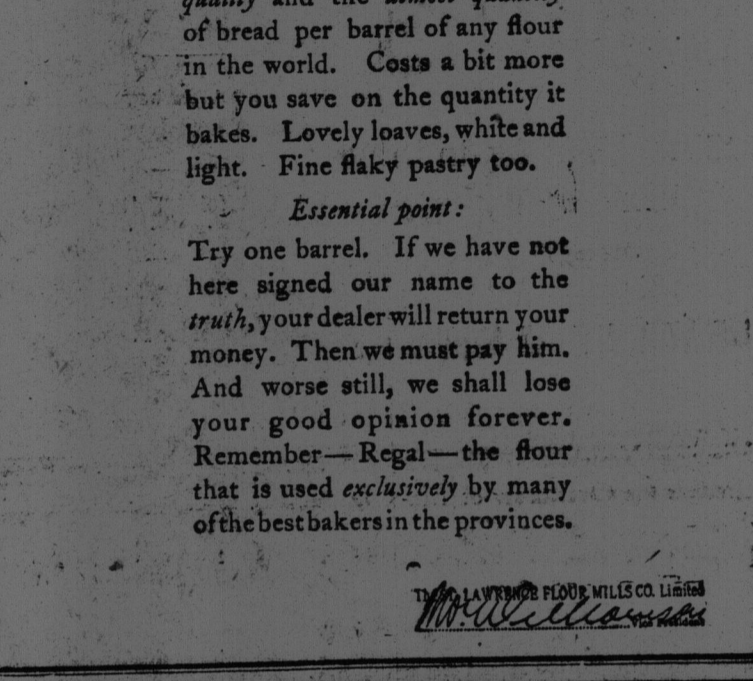
LAXATIVE BROMO Quinine removes the cause. There is only one "BROMO QUININE." Look for the signature of E. W. GROVE, etc.

Ladies!

WHICH appeals to you more? A truth backed by a bond of good faith, or a mere claim?

Judge this: REGAL Flour yields the best quality and the utmost quantity of bread per barrel of any flour in the world. Costs a bit more but you save on the quantity it bakes. Lovely loaves, white and light. Fine flaky pastry too.

Essential point: Try one barrel. If we have not here signed our name to the truth, your dealer will return your money. Then we must pay him. And worse still, we shall lose your good opinion forever. Remember—Regal—the flour that is used exclusively by many of the best bakers in the provinces.



Dr. Arnold Lorand

Physician to the Baths, Carlsbad, Austria

In his recently published book "Health Through Rational Diet," from the press of the F. A. Davis Co., Philadelphia, says:

As a breakfast food, another variety of the healthful cereals which is much used in America would be advantageous. Grape-Nuts, in which the floury substance has been dextrinized by long baking and thus rendered digestible and easy of assimilation, is eaten with cream and would be a useful addition to our usual breakfast.

The recommendation of this eminent European authority to the wealthiest health-seekers in the world (those who frequent the famous baths of Carlsbad) is especially interesting to Americans.

Grape-Nuts

FOOD

is sold by grocers almost everywhere in America for 15c the pkg.

While Grape-Nuts may be a "health luxury" in Europe, this sturdy health-giving food is within the reach of practically every American at trifling cost.

In thousands of families Grape-Nuts and cream is the regular breakfast dish of wide-awake, go-ahead people.

Rich in the brain-making, body-building elements of prime wheat and malted barley, this food has won for itself at home and abroad the title of "The King of Breakfast Foods."

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Pure Food Factories, Windsor, Ont.

A SHOCK TO THE CIVILIZED WORLD

Captain Scott, Though He Lost His Life, Gained Imperishable Fame.

(Montreal Witness Cable)

London, Feb. 11.-Today England and the whole civilized world is under the shadow of the great calamity which befell Captain Scott and his brave comrades who have paid tribute to death to the rigors of the South Pole. We are not yet possessed of the full story of the disaster, but the heroism of these men will be written in the golden pages of history.

Captain Scott's expedition was not one for the mere purpose of earning fame by rushing to the South Pole and making back again. Scientific research and observations were the first consideration, and the expedition was planned with the most elaborate preparation.

The daily output of the Australian state of New South Wales is now valued at more than \$33,250,000 a year, and this good showing is attributed largely to co-operation.

SEE IF YOUR CHILD'S TONGUE IS COATED

If Cross, Feverish, Bilious Give Delicious "Syrup of Figs" To Cleanse Its Little Bowels

Look at the tongue, Mother! If coated, it is a sure sign that your little one's insides, the stomach, liver and 30 feet of bowels are clogged up with purifying waste matter and need a gentle, thorough cleansing at once.

When your child is listless, drooping, pale, doesn't sleep soundly or eat heartily, the stomach, liver and 30 feet of bowels, are clogged up with purifying waste matter and need a gentle, thorough cleansing at once.

With Syrup of Figs you are not dragging your child's being composed of a tummy of bowels, stomach and stomachs it cannot be harmful, besides they dearly love its delicious taste.

Full directions for children of all ages and for grown-ups plainly printed on each package. Ask your druggist for the full name "Syrup of Figs and Elix. of Senna," prepared by the California Fig Syrup Co. This is the delicious, natural, genuine old reliable. Before anything else offered.

SHIPPING

ALMANAC FOR ST. JOHN, FEB. 12.

High Tide 3.31 Low Tide 9.53 Sun Rises 7.33 Sun Sets 5.42 Time used Atlantic standard.

PORT OF ST. JOHN. Arrived Yesterday.

R.M.S.S. Corsican, 7,200, Cook, from Liverpool via Halifax, Wm. Thomson Co. pass and gen cargo (off Patricia Island), Coastwise-Scho. Amelia, 103, Geldart, Halifax via, ports, and old; Granville, 48, Collins, Annapolis, and old.

CANADIAN PORTS. Halifax, N.S., Feb. 11.-Ard stms Volturno, from Rotterdam; Haven, from Jacksonville (Florida); Oruro, from Demerara and West Indies; Manchester Inver, from St. John; City of Sydney, from St. John.

Foreign Ports. New York, Feb. 11.-Ard stms W.E. & W.I. Tuck, from St. John; Ladysmith, from Lunenburg (N.S.); Ellen M. Golder, from Bridgewater (N.S.); May J. Crosby, from Windsor (N.S.); Henry D. May, from Parrboro (N.S.).

Marine Notes. Schooner Rebecca J. Moulton, of New London (Ch.), which went ashore on Two Bush Ledge on Eastern Penobscot Bay, Friday, was floated by a tug and towed to Rockland. She had 12 feet of water in her hold.

Peter McIntyre, local agent for the schooner Lucia Porter, said last night that the schooner was not damaged at Pollock Rip, according to a wire from the Captain, and that the vessel had been towed to Vineyard Haven for harbor only. The Lucia Porter sailed from New York on Saturday for this port with a cargo of coal and being beached off the shore, signalled for help, to which the revenue cutter Achmet responded.

Lecture by Mrs. Ellis. Mrs. F. R. Ellis lectured on the Passion Play of Oberammergau, in the Queen Square Methodist church, last evening. She recounted her personal impressions of the great spectacle and the lecture was illustrated by lantern slides. A vote of thanks, moved by Major Anderson and seconded by R. D. Smith, was tendered Mrs. Ellis at the close of the lecture.

You Always SAVE MONEY When You Buy FURNITURE FROM J. MARCUS, - 30 Dock St.

Barristers' Society Offices. Fredericton, Feb. 11.-[Special]-The annual meeting of the Barristers' Society of New Brunswick was held tonight in the present court chambers. There was a large attendance. Officers for the year were elected as follows:

The Crescent Fair. A large crowd was present at the Crescent Fair last evening, and the following prizes were drawn: Door prize, a set of carvers, ticket 180-Miss Bradshaw; bowling alley prize, K. Robertson; hood, Mifford Dabell; Klondike block, William Mulhig; bean board, Dr. Nasse; plate game, Ralph Coleman. The St. John Brass Band furnished music last night, and the Artillery Band will play this evening.

DR. A. W. CHASE'S 25c CATARRH POWDER. Is sent direct to the distant parts by the Liverpool, England, branch. It is a most efficacious remedy for all cases of Catarrh of the Bladder and Uterus, and is sold by all druggists.

"Siesta, Incorporated" is the name of a company just organized in Berlin to provide a place where store clerks and office employes may take a nap during the hour and a half they are allowed for lunch.

You can't make clean bread unless you have clean flour

"ISN'T all flour clean?" you ask. No, not all, because not all wheat is clean, nor all flour mills.

Wheat is dusty when the flour mills receive it. There are particles of sand in it, and also foreign seed matter. Not until all these impurities are completely removed is the wheat ready for milling.

Even then the most delicate task of the miller still remains—to remove the crease dirt. Embedded in each grain of wheat is a tiny deposit of dark mineral matter. It is called "crease dirt" and must be removed before the miller can make clean flour.

You can always depend on Rainbow Flour for extreme cleanliness. The care taken in its manufacture is almost mysterious. This carefulness begins with the farmer who raises the wheat and ends with the chemist who analyzes every lot of flour as it comes through to be sure of its purity.

RAINBOW FLOUR

MAKES GOOD BREAD

QUALITY. Your grocer has it in 7-lb., 14-lb., 24-lb., 49-lb. and 95-lb. bags and in barrels.

Canadian Cereal and Flour Mills Limited, Toronto, Canada. Makers of Tilton's Oats-Rainbow Flour-Star Flour.

