

Fit for the Day's Work?



Physical and mental fitness for the job means a well balanced, well poised body, nourished by well balanced foods that supply just enough proteids to repair waste tissue and just enough carbohydrates to keep the body warm and vibrant with life and energy. Such a food is

SHREDDED WHEAT

made of the whole wheat grain ready-cooked and ready-to-serve. Being made in "little loaf" form it is so easy for the thrifty housewife to prepare a nourishing meal with it in a few moments. Always the same quality, always the same price.

For breakfast heat the Biscuit in oven to restore crispness and then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Better than mushy porridges that are bolted down without chewing. A hot, nourishing breakfast for a chilly day. Deliciously nourishing for any meal with sliced bananas, baked apples or canned or preserved fruits of any kind.

MADE IN CANADA

From the Choicest Canadian Wheat by

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ont.

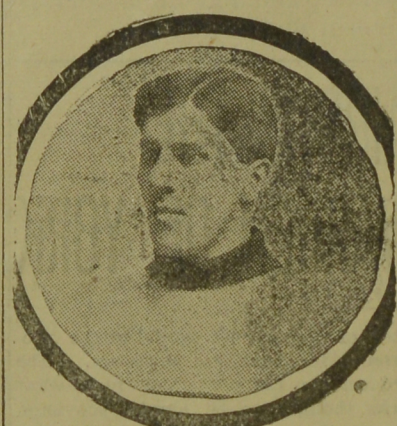
Toronto Office: 49 Wellington Street East

63-H

SPORT NEWS

JACK MARSHALL IS
REPORTED BY REFEREEVeteran Hockey Player Jump-
ed on Ice and Delayed
Game.

Toronto, Jan. 3.—Referee Hoerner has reported Jack Marshall to President Quinn of the N.H.A., for interfering during the game between Wanderers and Torontos. Marshall, though he is not captain of the Wanderers, delayed the game several times by hopping out on the ice. When the Wanderers scored the winning goal and the Torontos were eager to get into the fray again for a desperate finish, Marshall fell over the boards, grabbed the puck and, carrying it over to the timers' bench, started



JACK MARSHALL.

ed an argument over the time. He would have started a dispute over the price of prunes if the idea had entered his head. All he wanted was to delay the game and give Wanderers a chance to steady up and plan an air-tight defence to hold the eager Torontos off for the last thirty seconds. He succeeded, too, and there was no penalty the officials could inflict that would penalize Wanderers for Marshall's interference.

Jumping on the ice during a game is an old trick of Marshall's as he has committed the offence on two occasions in Montreal.

FLYNN AND FULTON
WILL MEET AT NEW ORLEANS

New Orleans, La., Jan. 3.—Fred Fulton, Minnesota, heavyweight, and Dan Flynn, Boston, have been matched for a twenty-round bout in New Orleans January 28, local promoters announced today.

Canadian horses won every race the first day at Toronto.

Nick Grady is wintering sixteen head at Belmont Park, Philadelphia. The San Francisco are winning on the ice in Canada.



Wood's Phosphatine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six boxes \$5. One will please, six will cure. Sold by all druggists or mailed in plain package on receipt of price. Free pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

J. A. HUGHES WON FIRST
MATCH IN MAN. COM. SERIESScore Against A. S. McFarlane
Was 10 to 9—Eight Rinks
Posted in This Series

The Managing Committee series at the Curling Rink began last night, when J. A. Hughes defeated A. S. McFarlane by the close score of 10 to 9. Toward the end of the match it looked as if Skip McFarlane would emerge a victor but he just missed it.

The following rinks have been posted in the Managing Committee series:

Dr. Roberts	H. M. Blair
C. W. Hall	C. Ramsey
T. Belmore	H. B. Colwell
S. D. Simmons	C. W. Weddall

skip skip

L. S. Morrison	G. H. Clark
H. Wilson	J. B. Crocker
F. A. VanWart	J. Robt. Howie
N. Dougherty	A. S. McFarlane

skip skip

E. L. Merrithew	W. A. VanWart
George A. Inch	W. Limerick
H. H. Bridges	E. J. Niles
L. C. Macnutt	H. H. Hagerman

skip skip

J. B. Dickson	W. D. Gunter
W. P. Keenan	S. Limerick
A. McN. Staples	E. A. McKay
F. P. Hatt	T. A. Wilson

skip skip

PHILL BALL SAYS PLAYERS
NOT SUBJECT TO WAIVER

St. Louis, Jan. 2.—Phil Ball, principal owner of the St. Louis Federals and now head of the St. Louis Americans, said tonight it was his understanding that the players of the St. Louis Federal League Club would not become subject to the waiver rule of organized baseball through his purchase of the Browns.

"Furthermore," he added, "that was the understanding with which Harry F. Sinclair and the other club owners who represented the Federal League in the recent peace negotiations at Cincinnati had when they came away from the meeting at which they signed the peace agreement."

"Suppose the National Commission should decide that the St. Louis Federal players are subject to the waiver rule, would that deter you from buying the Browns?" Mr. Ball was asked. "I have already bought the Browns," answered.

California is to have a ten-track circuit this year.

Sargo, 1:01 1/4, will race under the colors of the Clay-Cotton stable this year.

Isaiah Morrill of Brunswick, Me., bought a carload of speed on his recent trip west.

Will Snow has a Peter The Great pacer that he thinks will do for a trip down the "Raging Grand."

OUR
OBJECTHE
SANATION
L
T
H

Is to Better Sanitary Conditions, through Knowledge of the Proper Installation of Sanitary Equipment.
Special Attention Given to Out-of-Town Work

D. J. SHEA & SON

SLEIGHS

We have a great variety to select from.

Sleigh Robes Harness

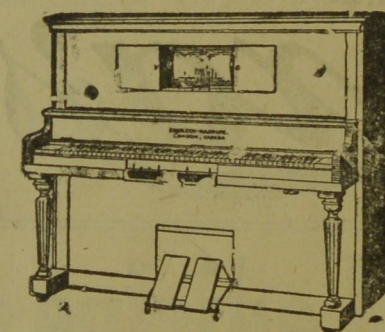
We are in a position to give the very best possible value in Light Driving or Heavy Working Harness and Harness Parts.

Horse Blankets Plush Rugs

A variety of styles and patterns priced to suit you.

We have a number of Second Hand Sleighs and Pungs that we must get rid of quickly to make room.

J. Clark & Son Ltd.



A LEADER
Sherlock-Manning
20th Century
PLAYER PIANO
Sold Only By
E. O. MacDONALD
The Queen St. Music Store

WALKER & BROS. MERCHANT
TAILOR
QUEEN ST., WEST END

We have on hand a full range of Winter Over Coatings and Suitings in all the latest patterns. With 25 years experience in Tailoring we are in a position to guarantee entire satisfaction.

SUITS . . . from \$18 to \$33.
OVERCOATS " \$20 to \$35.

Special Values
That Should Interest You.LADIES' and CHILD-
REN'S COATS

Reg. \$6.75 for . . .	\$4.50
Reg. \$8.75 for . . .	\$5.00
Reg. \$9.25 for . . .	\$6.00
Reg. \$11.50 for . . .	\$7.50
Reg. \$13.25 for . . .	\$8.75

You may now step into this store and select any Suit or Coat you want, absolutely none reserved, values up to \$17.25, -- \$10.50

All Suits and Coats, worth up to \$20.25--\$13.25
All Suits and Coats " " " 22.50 for 15.00
All Suits and Coats " " " 24.75 for 16.50
All Suits and Coats " " " 33.75 for 20.00

Children's Teddy Bear Sweater Suits in white, brown, navy and scarlet, at Bargain Prices \$1.50, 1.75, 2.00, 2.25.

A few Ladies Serge Dresses in navy, brown and black. Special Prices from \$5.00 up to \$8.50.

WE POSITIVELY REFUSE

to carry any garments over into next season. We will not deviate from our fixed policy of selling every garment in the season for which it was bought.
Drop in and get introduced to the best clothes values in town.

A. MURRAY & CO.

WHERE COURTESY AND QUALITY GO HAND IN HAND

Provincial Convention
OF THE
Local Opposition Party

A convention of those opposed to the Local Government of New Brunswick will be held MONDAY and TUESDAY, January 10 and 11, 1916, at 101-107 German Street, St. John.

A representative delegation from every county is desired because the time has arrived when, in spite of the earnest attention demanded by the whole Empire in the war and its problems, our provincial affairs must have the consideration of thinking men, and the discussion and preparation of policies best calculated to advance the interests and promote the prosperity of our province must be the first business of the convention.

Resolutions touching upon many questions of importance have been considered and prepared by our executive committee, and will be submitted for approval. The convention will open MONDAY EVENING, January 10, at 8 o'clock.

Tickets on I. C. R. and C. P. R. railways one first-class fare on standard certificate plan.

W. E. FOSTER,
Chairman of Executive Committee.

C. W. ROBINSON,
Opposition Leader.